

KEISER®

STRENGTH | CARDIO | FUNCTIONAL



M SERIES

TOTAL BODY TRAINER

M3i | M3 MODELS

ASSEMBLY AND OPERATION MANUAL

BECAUSE...
**'GOOD
ENOUGH'
ISN'T.™**

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GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser M Series Total Body Trainer and welcome to the Keiser family. We commend you on your decision to work toward your health and wellness goals. For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the Total Body Trainer. If you have any questions regarding assembly and/or operation after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

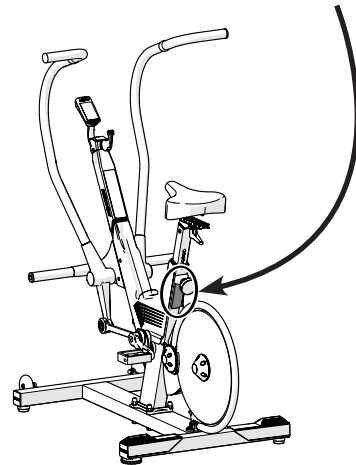
Yours in Health,
Keiser Corporation

RECORD YOUR SERIAL NUMBER

Please take a moment at this time to record the serial number ("Serial No.") in the space provided below.

Serial No.:

Serial Number Location



REGISTER YOUR PURCHASE

Register your Total Body Trainer to stay informed of safety notifications and for faster, more accurate warranty service.

Scan the QR Code to the right to access the interactive online warranty registration form or visit:

<https://www.keiser.com/forms/warrantyregistration>



SCAN

CUSTOMER SUPPORT

If you have any questions regarding the Total Body Trainer installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000

@ service@keiser.com


🌐 keiser.com/support

KEISER CORPORATION

📍 2470 S. Cherry Ave.
Fresno, CA 93706

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Keiser Corporation equipment to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment. Keiser Corporation recommends that all users of its equipment be informed of the following information prior to use.

1.  Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use the Keiser M3i or M3 Total Body Trainer (herein referred to as "TBT") for its intended purpose as described in this manual. Do not use attachments/accessories that have not been recommended by the manufacturer.
4. User weight limit: 300 lbs (136 kg). User height range: 58-82 inches (1,473-2,083 mm).
5. Consult your physician before beginning any exercise program.
6. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately and consult your physician.
7. The TBT is intended for use in training areas of organizations where access and control is specifically regulated by a person responsible for determining the suitability of use and maintenance.
8. Wear proper shoes. Dress shoes, sandals, slippers, or bare feet are not suitable for use on the TBT. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any TBT moving parts. Tie long hair back.
9. Distractions, such as watching television, reading, using a computer device, or talking on the telephone while using the TBT affect the ability of the user to safely exercise on the TBT. Pay attention to and focus on your exercise while using the TBT.
10. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 21) for further instruction.
11. Immediately replace damaged, worn, or broken parts and do not use the TBT until all repairs have been completed and tested by a Keiser-certified technician.
12. Only use replacement parts recommended by Keiser Corporation. Attempting to repair or replace any damaged, worn, or broken parts on your own is not recommended. A Keiser certified technician should be consulted.
13. Proper posture and body position is necessary to achieve a safe, comfortable, and effective workout. Correct foot placement and arm reach must always be maintained during every workout. Refer to the sections under "How to Exercise on the TBT" (page 19) for further instruction and safety information.
14. The TBT is NOT designed with a freewheel, but a fixed gear system. The Handles, Footpads, and Crank Arms are attached by linked components. These cannot be disengaged. When the Flywheel is in motion, the Pedals— including the Handles—will also be in motion. For this reason, never remove your feet from the Pedals or your hands from the Handles while the Flywheel is in motion as serious user injury may occur. Never take your hands off the Handles while the Flywheel is in motion.
15. It is recommended that the TBT be pedaled in the forward direction.
16. The Resistance Lever also functions as an Emergency Brake, allowing you to safely slow or stop the motion of the Flywheel. Move the Resistance Lever forward to slow the motion of the Flywheel. Move the Resistance Lever to the most forward position to engage the Emergency Brake.
17. Do not make adjustments during exercise. Use the Handles or the Resistance Lever to slowly bring all motion of the TBT to a controlled stop prior to making adjustments.
18. Before dismounting the TBT, push the Resistance Lever to the most forward position to engage the Emergency Brake. Wait until the Footpads and Handles come to a complete stop before dismounting.
19. Pedaling at high speeds or in the reverse direction, or utilizing the TBT for independent upper or lower body exercise, are considered advanced techniques and should only be performed when the user has reached an advanced level or under supervision by a person that has reached an advanced level.
20. The TBT is not a toy. Children shall not play with the TBT. Children under 14 years old should not use the TBT. Keep children and pets clear from the TBT at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
21. The TBT can be used by children age 14 years and above. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the TBT without constant supervision by a spotter/supervisor.
22. The TBT should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the TBT may be splashed with water or fluids. The TBT is intended for indoor use only.
23. The minimum amount of free area around the TBT is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 6) for further placement direction.
24. The TBT is suited for both home and commercial use. To ensure your safety and to help prevent damage to the TBT, read all instructions before operating. Seek professional installation technicians if you are not able to safely perform the work necessary to unpack, assemble, and set the TBT in a desired exercise location.
25. Failure to perform the "Proper Operation Check" (page 14) prior to normal use of the TBT will void your warranty and could result in serious injury.
26. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the

IMPORTANT SAFETY INFORMATION (CONTINUED)

repetition, and any fixed gear bike, including, without limitation, the Keiser TBT, without proper instruction and/or supervision violates the terms of the agreement for purchase of such products. The ability to add resistance anytime during a repetition, including, without limitation, the ability to do a heavy negative may be dangerous, especially for anyone that does not recognize or respect the potential danger. The inability to stop pedaling on a fixed gear bike before the flywheel stops may also be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.

- 27. Users, agents, and/or anyone directing the use of the TBT shall determine the suitability of the TBT for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
- 28. If you have any questions regarding TBT installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000

@ service@keiser.com

🌐 keiser.com/support

CONVENTIONS USED

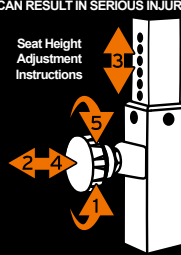
This manual contains the following marks:

- ⚠ WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
- ⚠ CAUTION:** Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.
- 👤 HEAVY OBJECT:** Indicates help is required during lifting to avoid muscle strain and/or back injury.
- 👤 TWO-PERSON PROCEDURE:** Indicates help is required to safely and successfully complete installation.
- ⚠ IMPORTANT:** Indicates information considered critical, but not hazard-related.

SAFETY AND SERIAL NUMBER LABELS

⚠ WARNING
Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
555376

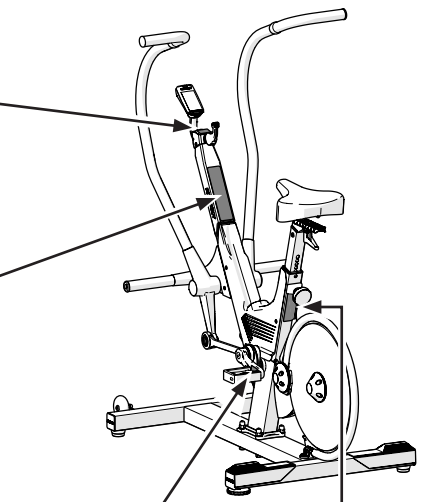
⚠ WARNING
Read the User Manual, follow all instructions prior to use. Ensure proper instruction is attained prior to using this machine. **IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.**



Seat Height Adjustment Instructions

- Consult a physician prior to use and stop if you feel faint, dizzy, or exhausted.
- Refer to User Manual for additional warnings and safety information.
- This machine must be used in a supervised environment.
- Keep children away.
- Keep body, clothing, and accessories clear from all moving parts.
- Inspect machine prior to use. Immediately report worn, loose, or damaged parts and refrain from using the machine.
- Always ride in control. Stop in a controlled manner as flywheel momentum will keep handles and pedals turning.
- Do not attempt to dismount bike or remove hands from handles or feet from pedals until pedals have come to a complete stop.
- Maximum user weight limit: 300 lbs (136 Kg)

555378



⚠ CAUTION ⚠
TORQUE PEDALS TO 47 Nm (35 ft-lb)
FAILURE TO DO SO AND/OR INTERCHANGING PEDALS WILL VOID THE WARRANTY AND MAY RESULT IN SERIOUS PERSONAL INJURY.555371

CE **KEISER**
2470 S. Cherry Ave. Fresno, CA 93706
For Patents: www.keiser.com/patents

MODEL: 005512XXX
SERIAL NO.: 888888-88888

RoHS

Maintain safety and serial number labels. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

⚠ WARNING: Incorrect or excessive exercise may cause injury. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.

EQUIPMENT SPECIFICATIONS

Height: 54 in (1,372 mm)
 Length: 48 in (1,219 mm)
 Width: 29 in (737 mm)
 Weight: 112 lbs (51 kg)

User weight limit: 300 lbs (136 kg)
 User height range: 58-82 in (1,473-2,083 mm)

TRAINING SPACE

The minimum amount of free area space around the TBT is 24 inches (610 mm) on all sides (refer to Figure 1).

When TBT equipment are positioned adjacent to each other, the free area may be shared.

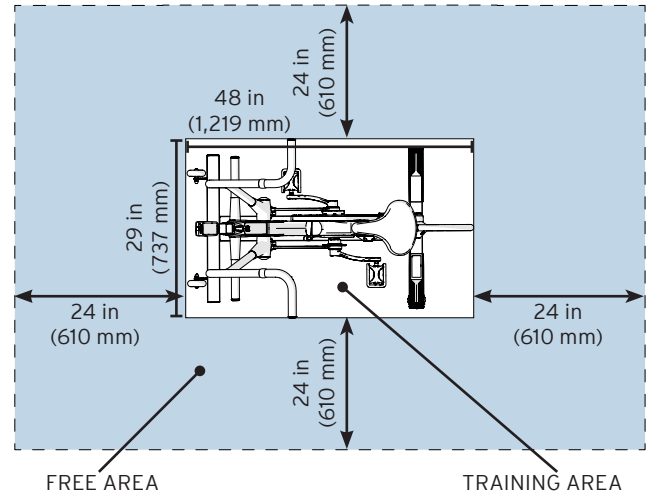


Figure 1. Training Space Illustration

ASSEMBLY










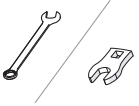

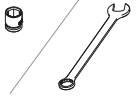




⚠️ TWO-PERSON PROCEDURE: Due to the size and weight of the equipment, assembly requires two persons to safely and successfully complete installation.

- To avoid damaging parts, do not use power tools.
- Substitution or modification of any part or component, other than what is provided by Keiser, will void your warranty.
- Left-hand side Pedal is marked "CR-L" and right-hand side Pedal is marked "CR-R."
- Keep the packing materials until you successfully finish all assembly steps.

NOTE: Keiser Corporation is not responsible for damage or injury caused by incorrect installation, assembly or use.

TOOLS AND MATERIALS REQUIRED

⚠️ CAUTION: Always follow tool manufacturer's safety and operating instructions.

- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Safety Glasses | Scissors | Cutting Pliers | #2 Phillips Screwdriver | 3/8-inch Drive Ratchet | 6-inch Extension |
|  |  |  |  |  |  |
| Torque Wrench (35 ft-lb/47 Nm) | Two 10 mm Open-end Wrenches | 1/2 inch (13 mm) Wrench | 15 mm Open-end Wrench and Crowfoot | 16 mm (5/8 inch) Open-end Wrench and Crowfoot | 17 mm Socket or Open-end Wrench |
|  |  |  |  | | |
| 5 mm Allen Wrench | 6 mm Allen Wrench | Clean Cloth | LPS 3® Rust Inhibitor or WD-40® Long-Term Corrosion Inhibitor | | |

PARTS LIST

Familiarize yourself with the parts below before you continue to the assembly procedure.

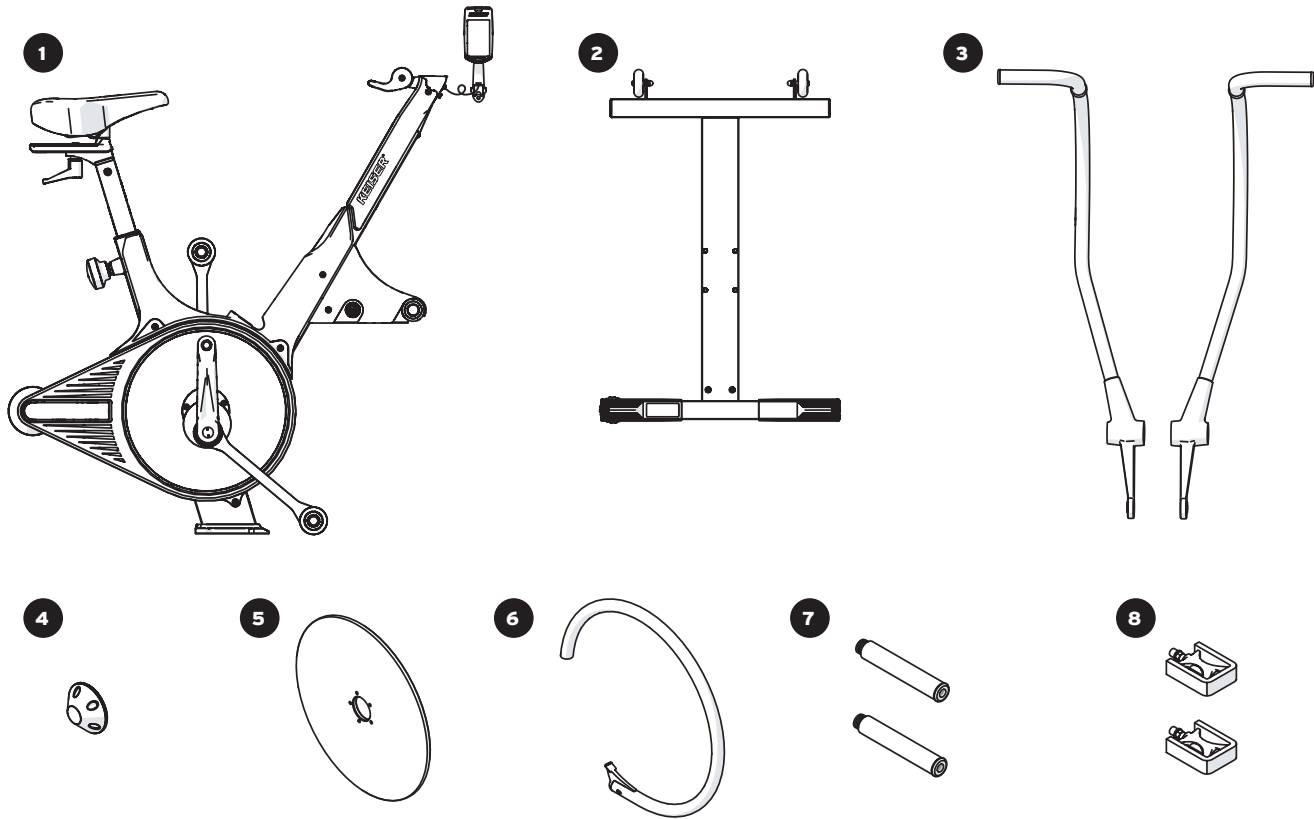


Figure 2. Parts List

	Description	Qty	Keiser Part Number
1	Main Frame with Computer Display	1	550826, 550853/74
2	Base	1	550814
3	Left and Right Handles	1	550832, 550833
4	Hubcap	1	555005
5	Flywheel	1	555503
6	Flywheel Guard and Cap	1	553101, 555073
7	Foot Rest Set	1	550834
8	Pedal Set	1	555438

HARDWARE & FITTINGS

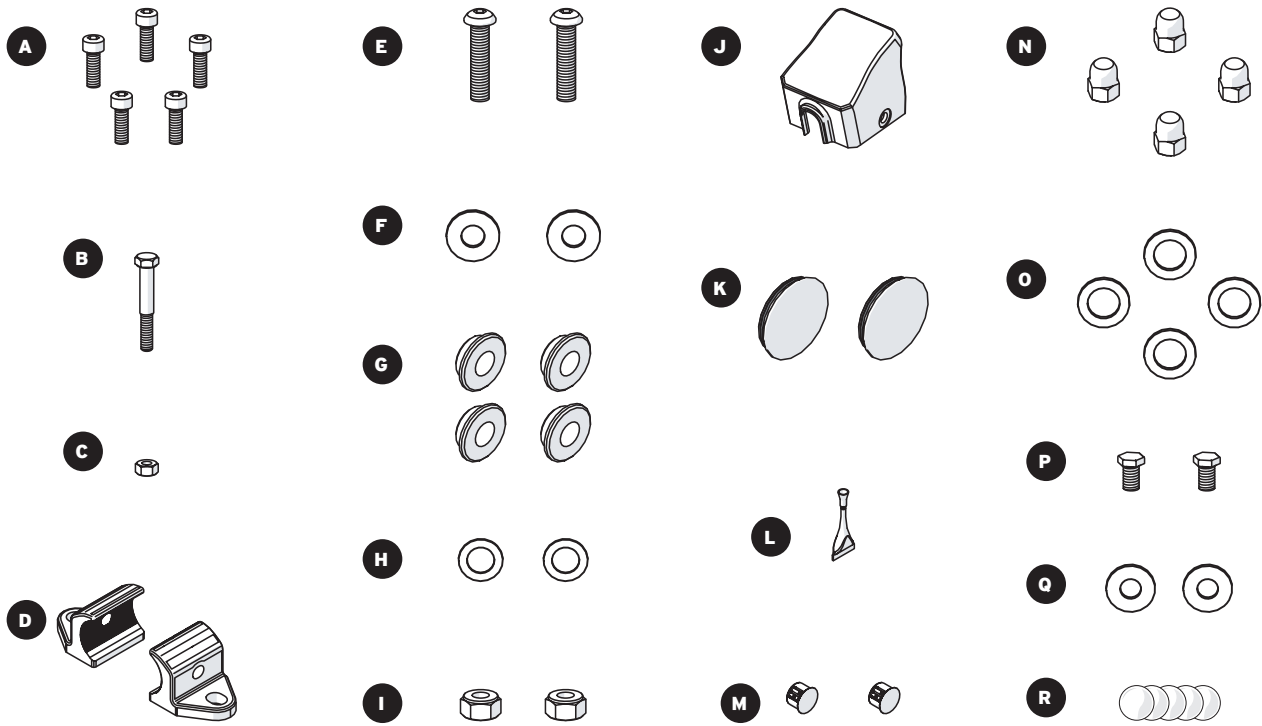


Figure 3. Hardware and Fittings

	Description	Qty	Keiser Part Number
A	Socket Head Cap Screw (M6X1X18 SS)	5	9547
B	Hex Head Cap Screw (M6X1X45 SS)	1	9525
C	Hex Nut (M6X1 SS)	1	9508
D	Flywheel Guard Clamp	2	555025
E	Socket Button Head Cap Screw (M10X1.5X45 SS)	2	9526
F	Washer (FW .88X.39X.07 NP)	2	115450
G	Bushing	4	305002
H	Washer (FW-ACFT-3/8 SS)	2	9355
I	Hex Elastic Lock Nut (M10X1.5 SS)	2	9507
J	Shifter/Display Mount Cover	1	555082
K	Aluminum Caps (pre-assembled with O-rings)	2	565005
L	Loctite® 242 Threadlocker	1	105550
M	Hole Plug	2	555439
N	Acorn Nut (7/16-20 SS)	4	555022
O	Washer (FW-ACFT 7/16 SS)	4	9384
P	Hex Head Cap Screw (M8X1.25X16 ZP)	2	9511
Q	Washer (FW-USS 5/16 ZP)	2	9344
R	Hub Cover Decal*	5	555379

* Hub Cover Decal will be shipped with, and are to be installed on, any TBT sold within the European Union only.

UNPACKING

HEAVY OBJECT: HELP REQUIRED WHEN LIFTING.

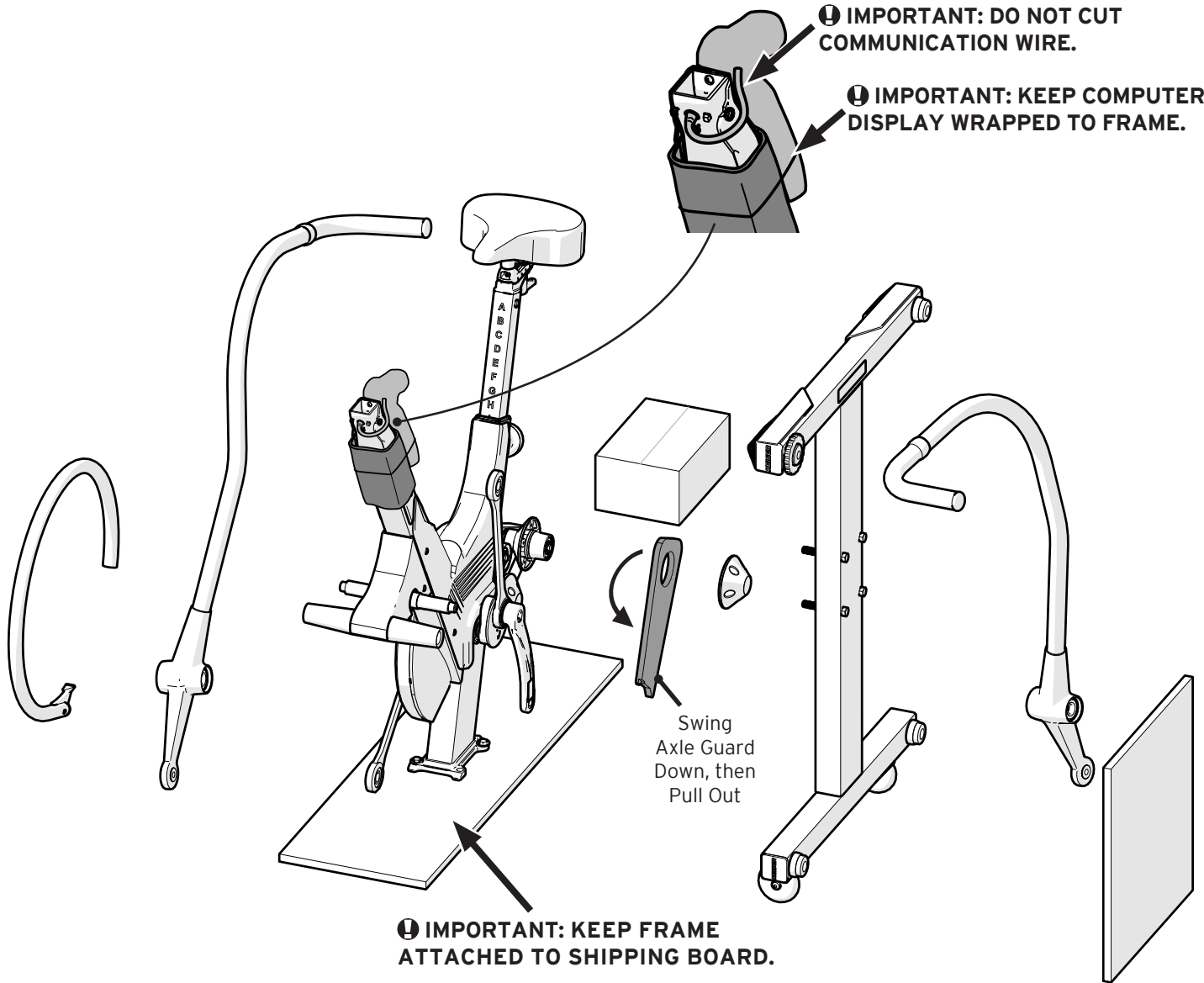
IMPORTANT: AVOID EQUIPMENT DAMAGE, DO NOT USE BOX CUTTERS.

1 Position the TBT shipping box in a cleared area. Pry up the top flap and tear down along a corner seam to open the shipping box.

2 Carefully release the parts and boxes (shown below) by cutting the stretch wrap, straps, and cable ties using Scissors and Cutting Pliers.

IMPORTANT: DO NOT CUT COMMUNICATION WIRE.

IMPORTANT: KEEP COMPUTER DISPLAY WRAPPED TO FRAME.

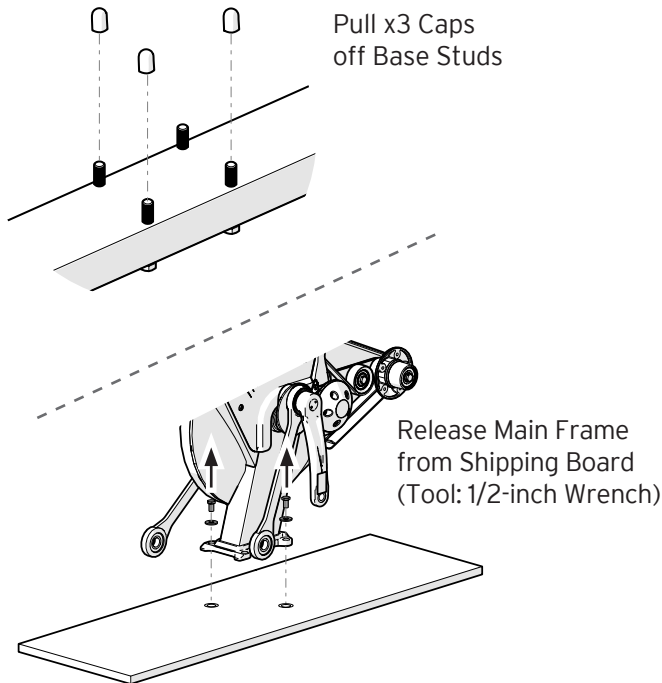


3 Place all parts in a cleared area check for missing parts. Refer to the Parts and Hardware & Fittings sections for itemized lists (pages 7 and 8).

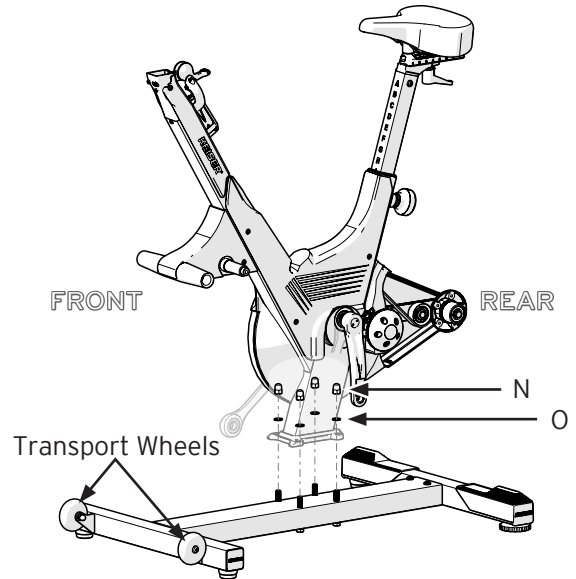
Parts damaged in shipping or missing? Contact Keiser Customer Support by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

HOW TO ASSEMBLE THE TOTAL BODY TRAINER

1 Prepare Base and Main Frame.

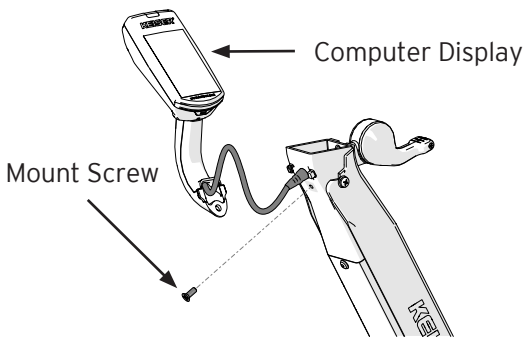


2 (a) Position the front of the Main Frame facing the Transport Wheels, then carefully lower the Main Frame onto the Base over the Base Studs.

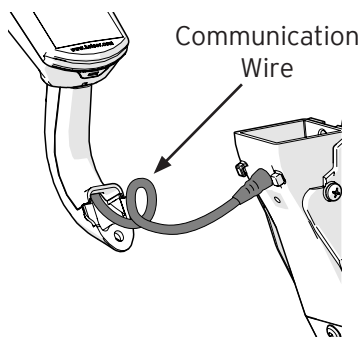


(b) Install one Washer and one Acorn Nut (Items O and N) onto each Base Stud. Tighten Acorn Nuts using a 16 mm (5/8 inch) Open-end Wrench. Torque to 35 ft-lbs (47 Nm) using a 16 mm (5/8 inch) Crowfoot and Torque Wrench.

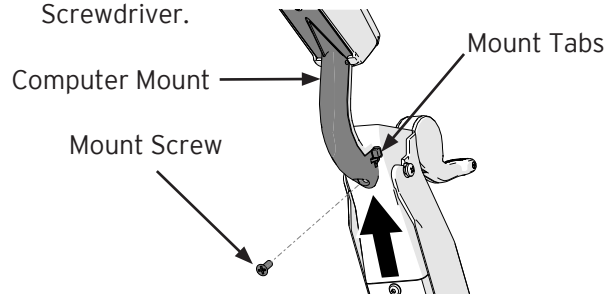
3 (a) Release the Computer Display from the packing material and remove the Mount Screw using a #2 Phillips Screwdriver.



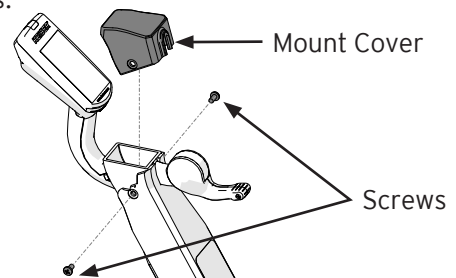
(b) Coil the Communication Wire into the Computer Mount Cavity. Avoid pulling/pinching the Communication Wire.



4 (a) Slide the Computer Mount up and under the Mount Tabs. Align the screw holes and install the Mount Screw (removed in Step 3) using a #2 Phillips Screwdriver.

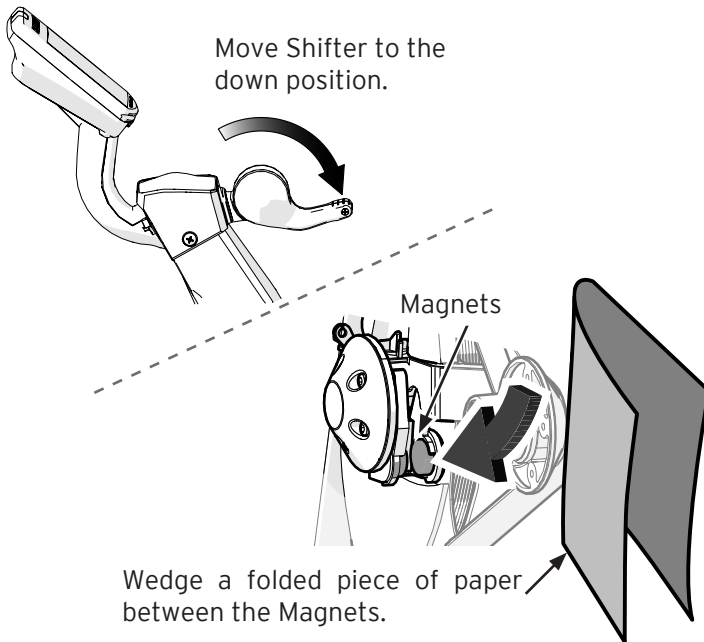


(b) Remove the two screws along the side of the Sweat Guard (#2 Phillips Screwdriver). Next, slide the Mount Cap (Item J) into position. Install with the two original screws.



HOW TO ASSEMBLE THE TOTAL BODY TRAINER

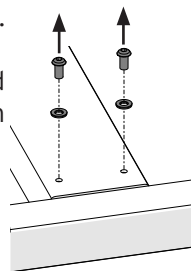
5 Prepare for Flywheel installation.



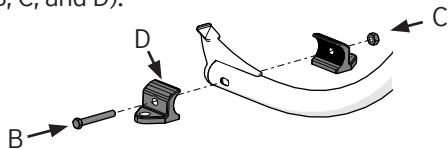
IMPORTANT: Failure to follow this step may lead to cosmetic damage of the Flywheel.

7 Prepare for Flywheel Guard Installation.

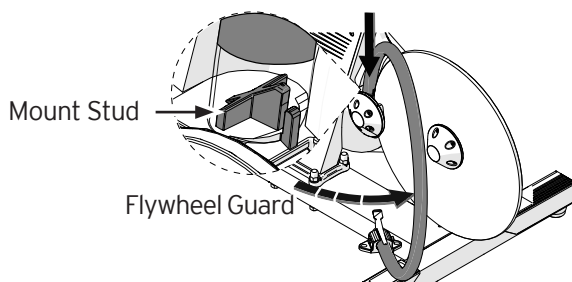
(a) Remove the two Mount Screws and Washers from the Base using a 5 mm Allen Wrench.



(b) Install the Clamps to the Flywheel Guard, finger tight (Items B, C, and D).



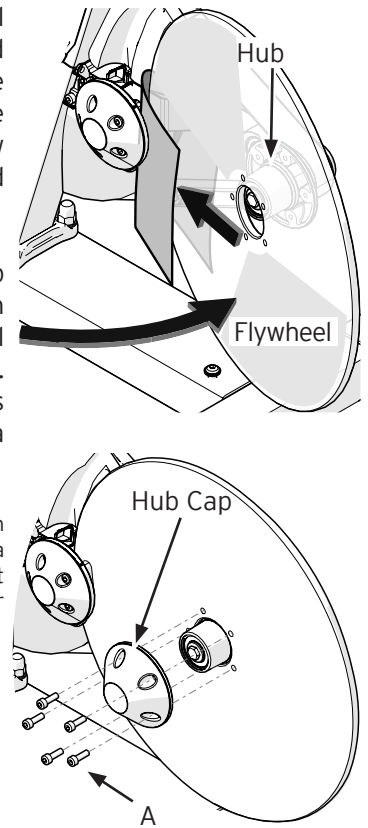
(c) Place the open end of the Flywheel Guard onto the Mount Stud, then swing the Flywheel Guard into position.



6 (a) Pivot the Flywheel into the folded paper and onto the Hub. Push the Flywheel up against the Hub and align the screw holes. Discard the folded paper.

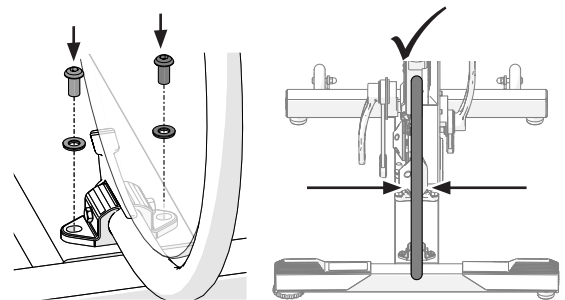
(b) Place the Hub Cap onto the Hub and align the screw holes. Install five SHC Screws (Item A). Tighten the SHC Screws in a star pattern using a 5 mm Allen Wrench.

NOTE: For equipment sold in the European Union, apply a Hub Cover Decal (Item R, not shown) on the Hub Cap over each of the SHC Screws.

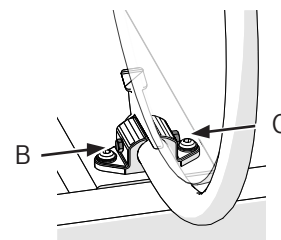


8 Align and secure the Flywheel Guard.

(a) Attach the Clamps to the Base using the two Screws/Washers removed in Step 7a, do not tighten. Align the Flywheel Guard to the Flywheel.

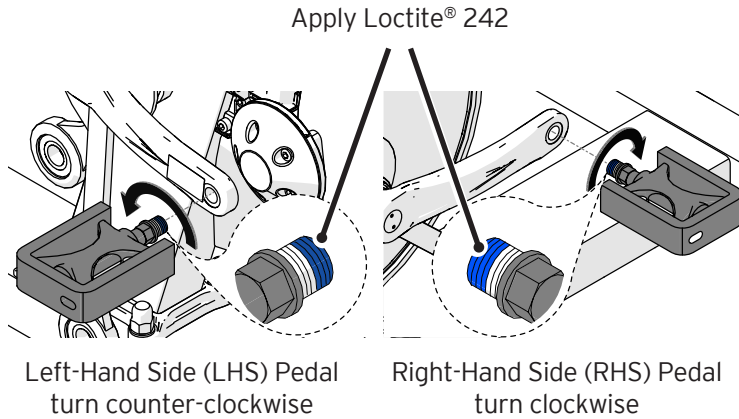


(b) Once the Flywheel Guard is aligned, tighten the two Screws using a 5 mm Allen Wrench. Complete installation by tightening the Bolt and Nut (Items B and C) using two 10 mm Wrenches.



HOW TO ASSEMBLE THE TOTAL BODY TRAINER

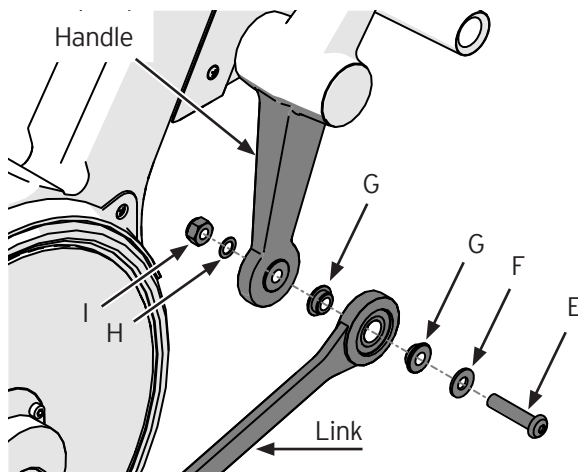
- 9** (a) Clean the Pedal threads using a clean cloth, then apply Loctite® 242 Threadlocker (Item L) to the leading threads of the Pedals.



⚠ WARNING: Failing to install the Pedals with Threadlocker, or crossing the threads, will result in mechanical failure and may cause serious injury.

- (b) Use a 15 mm Open-end Wrench to install the Pedals to the Crank Arms. LHS Pedal stamped "CR-L" thread left (counter-clockwise); RHS Pedal stamped "CR-R" thread right (clockwise). Torque Pedals to 35 ft-lbs (47 Nm) using a Torque Wrench, 15 mm Crowfoot, and 6-inch extension.

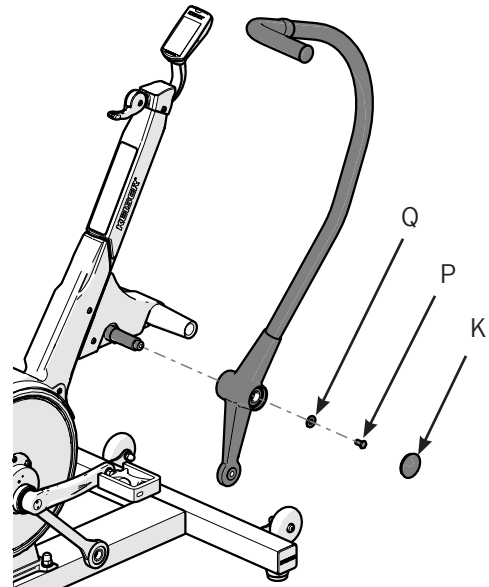
- 11** (a) Align the Handle and Link holes, then assemble using Items E, F, G, H, and I. (Right side shown below).



- (b) While holding the 6 mm Allen Wrench on the SBHC Screw (Item E), tighten and torque the Hex Elastic Lock Nut (Item I) to 17 ft-lbs (23 Nm) using a Torque Wrench and 17 mm Socket.

- (c) Repeat Steps 10 and 11 for the opposite Handle.

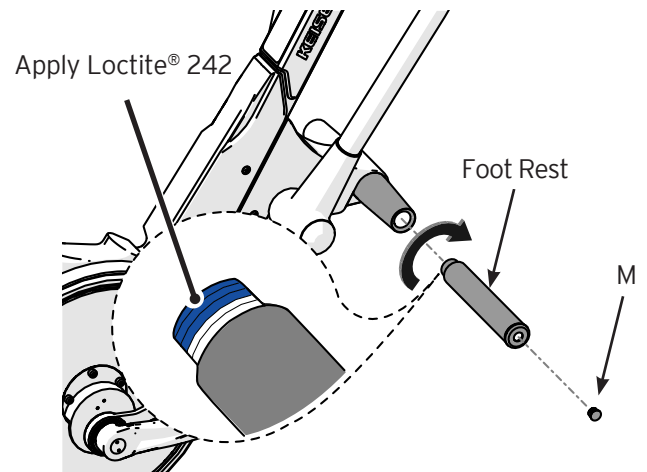
- 10** (a) Slide the Handle onto the Pivot Shaft (Right Handle shown below).



- (b) Install one Washer and one Screw (Items Q and P) using a Ratchet and 13 mm Socket, torque to 17 ft-lbs (23 Nm).

- (c) Install Aluminum Caps (Item K) onto Handle.

- 12** (a) Clean the Foot Rest threads using a clean cloth, then apply Loctite® 242 Threadlocker to the leading threads of the Foot Rest (Right Foot Rest shown below).



- (b) Screw the Foot Rest into the Main Frame as shown. Torque to 35 ft-lbs (47 Nm) using a 3/8-inch Drive Ratchet with 6-inch extension.

- (c) Repeat this step for the opposite Foot Rest.

Assembly is now complete. Continue to "Set Up and Operation" on the following page. Be sure to perform the "Proper Operation Check" (page 14), including Rust Inhibitor application, before use.

SET UP AND OPERATION

PRODUCT OVERVIEW

Take this time to familiarize yourself with the TBT by reviewing the Product Overview below.

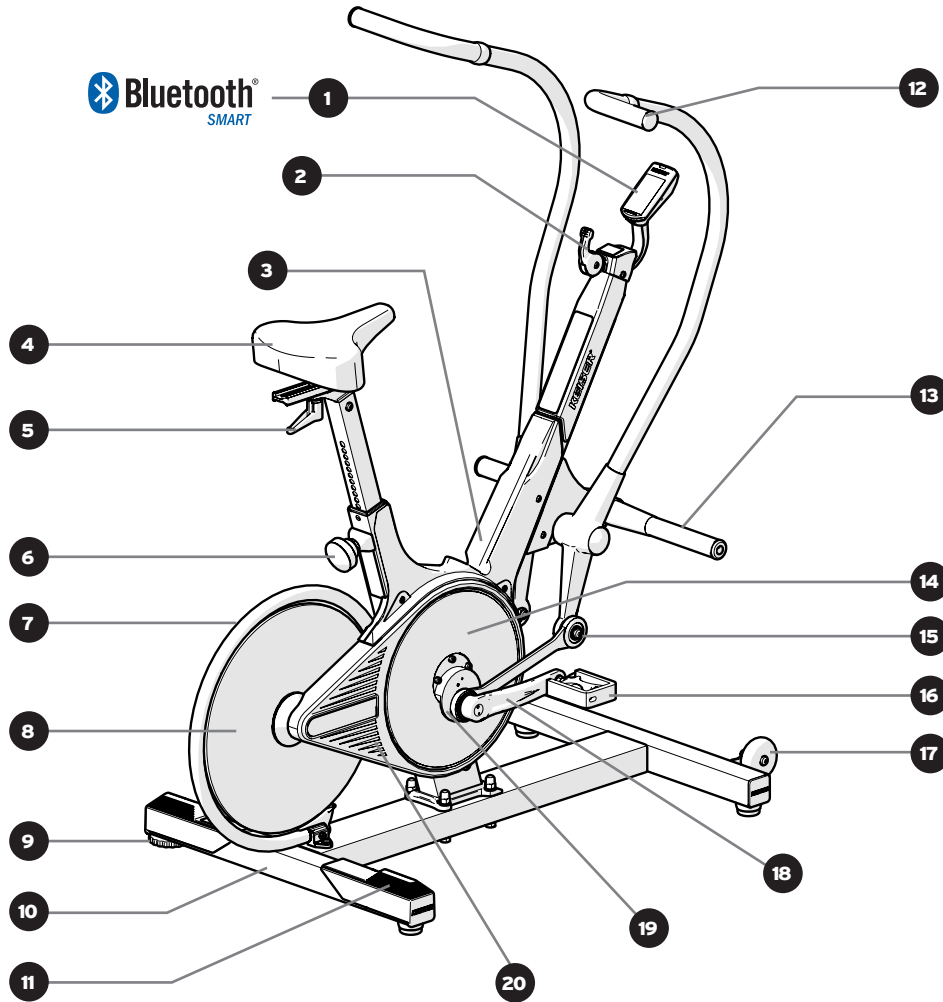


Figure 4. M3i/M3 Total Body Trainer

1 Computer Display with Bluetooth® SMART*	11 Stretch Pads
2 Resistance Lever / Emergency Brake	12 Handles
3 Water Bottle Holder	13 Foot Rests
4 Seat	14 Pulley
5 Seat Depth Adjustment L-Handle	15 Links
6 Seat Height Adjustment Knob	16 Pedals
7 Flywheel Guard	17 Transport Wheels
8 Flywheel	18 Crank Arms
9 Base Stabilizer	19 Eccentrics
10 Base	20 Belt Guard

* Standard equipment on the M3i model

PROPER OPERATION CHECK

Apply Rust Inhibitor to the Left Bottom Bracket Bearing and to both Link Bearings (recommended annually after initial assembly, see Figure 5).

When all assembly requirements have been met, and you have read and understood the Important Safety Instructions, test ride the TBT. Fine-tune and adjust the Seat height/depth and Base Stabilizer as needed. It is recommended that the TBT be pedaled in the forward direction.

Proper Operation Check:

- All Screws are tightened or torqued properly (refer to "How to Assemble the Total Body Trainer" section, beginning on page 10, Steps 2 – 12).
- The Computer Display powers ON (pedal one full revolution) and the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- TBT is properly stabilized, level to the floor (refer to "Base Stabilizer" section below).
- The Seat height/depth are properly set (refer to "Seat Height Adjustment Knob" and "Seat Depth Adjustment L-Handle" sections, page 15).

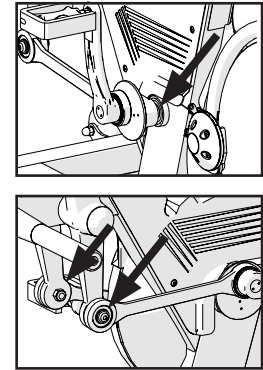


Figure 5. Rust Inhibitor Application

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the TBT before operation. Failure to perform the Proper Operation Check prior to operation of the TBT will void your warranty and could result in serious injury.

TRANSPORT

To position the TBT at the desired location refer to Figure 6 and follow the instructions below:

ⓘ Be sure there is a minimum of 24 inches (610 mm) free space for the TBT on all sides before placement.

1. Grasp the Handles with both hands.
2. Tilt the TBT toward you until the Transport Wheels contact the floor.
3. Roll the TBT to the desired location; tilt it slowly away from you to set down.

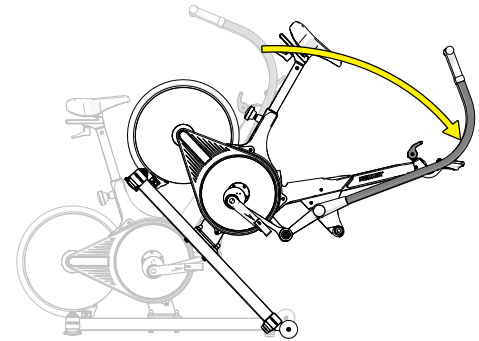


Figure 6. Transporting the TBT

BASE STABILIZER

The TBT must be placed on a flat, level surface. If the sub-floor is not level, the Base Stabilizer allows for stabilization.

To stabilize the TBT, refer to Figure 7 and follow the instructions below:

1. Hold the Seat steady, then with your foot, swipe the Base Stabilizer counter-clockwise to drive it back into the base. This will un-stabilize the TBT.
2. Slightly push across the Seat, until the Base Feet at all three corners contact the floor, then hold.
3. With the three Base Feet making contact with the floor, swipe the Base Stabilizer clockwise with your foot until the Base Stabilizer makes contact with the floor. This will stabilize the TBT.

Test for stability. The TBT should sit flat without rocking. Adjust and fine-tune the Base Stabilizer as needed.

NOTE: The TBT should not be used until it is stabilized. If the TBT is moved to a different location, adjust the Base Stabilizer as needed to stabilize the TBT.

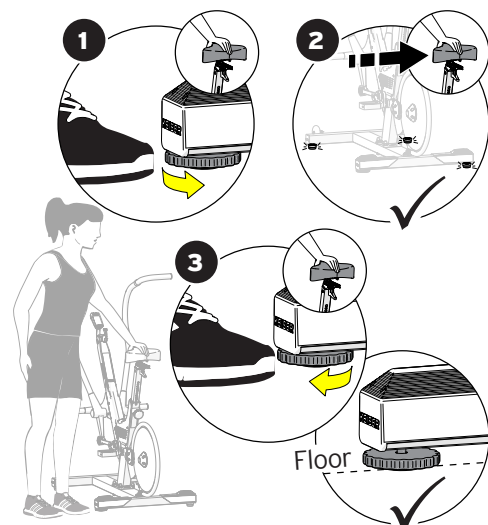


Figure 7. Base Stabilizer Adjustment

RESISTANCE LEVER

Resistance is controlled by the Resistance Lever. The Resistance Lever can be set to any gear from 1 to 24. The higher the gear number setting, the greater the resistance (refer to Figure 8).

EMERGENCY BRAKE

Move the Resistance Lever to the most forward position to engage the Emergency Brake. This will stop the motion of the Flywheel within one revolution. Wait until the Handles and Pedals come to a complete stop before dismounting (refer to Figure 8).

SEAT HEIGHT ADJUSTMENT KNOB

Set the Seat height to align with the top of your hip when standing beside the TBT. Refer to Figure 9 and follow the instructions below:

1. Loosen the Adjustment Knob by turning it counterclockwise 1/4 to 1/2 turn.
2. Pull the Knob outward and hold with one hand.
3. With your other hand, slide the Seat to the desired height position.
4. Release the Adjustment Knob. Ensure it locks into the desired position hole.
5. Turn the Adjustment Knob clockwise until it is hand-tight to secure the Seat.

⚠ CAUTION: Do not exceed maximum Seat height adjustment mark "STOP." Tighten all adjustment knobs before TBT use.

SEAT DEPTH ADJUSTMENT L-HANDLE

Set the Seat depth (horizontal adjustment) to where the distance between the Seat and Resistance Lever is approximately the same distance between your elbow and fingertips. Refer to Figure 10 and follow the instructions below:

1. Loosen the L-Handle by turning it clockwise (view from above).
2. Slide the Seat forward/backward.
3. Tighten the L-Handle by turning it counterclockwise (view from above).

FLYWHEEL AND FIXED GEAR SYSTEM

The TBT is not designed with a freewheel, but a fixed gear system. The Handles, Pedals, and Crank Arms are attached by linked components that cannot be disengaged.

When the Flywheel is pedaled into motion, the Pedals—including the Handles—will also be in motion. For this reason, always keep your feet on the Pedals and your hands on the Handles while the Flywheel is in motion.

The Crank Arms can turn in either direction. It is recommended that you turn the Crank Arms in the forward direction, as shown by the arrow in Figure 11.

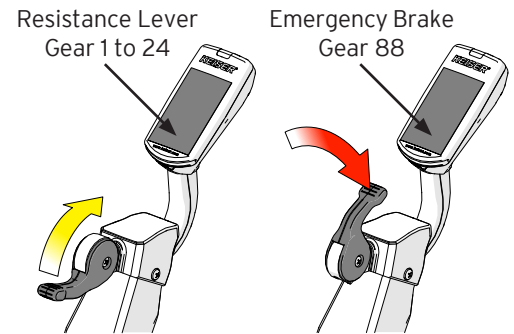


Figure 8. Resistance Lever and Emergency Brake Positions



Figure 9. Seat Height Adjustment

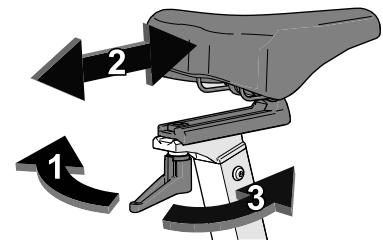


Figure 10. Seat Depth Adjustment

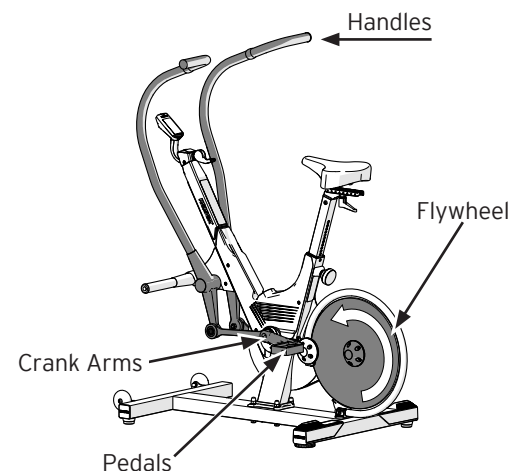


Figure 11. Crank Arm Direction Illustration

COMPUTER DISPLAY

OVERVIEW

- 1 BACKLIGHT SENSOR** While the computer is awake, the backlight sensor automatically detects ambient light levels in the room and turns on the backlight display when needed.
- 2 RPM (CADENCE)** The RPM displays the revolutions per minute of the crank arm—also known in the cycling world as cadence—and is roughly the speed at which the cyclist is pedaling.
- 3 POWER AND ENERGY** The power output is displayed in Watts (currently generating) and Kilocalories (total value for the workout). The computer toggles back and forth between Watts for eight seconds and Kilocalories for two seconds. The rated accuracy for power between 30 and 160 RPM is ± 5 Watts for power below 50 Watts, and $\pm 10\%$ for power above 50 Watts.
- 4 HEART RATE** If there is no Heart Rate signal, a steady heart symbol and a zero will be displayed. If a user is wearing a Heart Rate strap, once the computer locks onto the signal, the heart symbol will blink and display the heart rate. Please note that the Heart Rate strap must be POLAR® compatible and coded.
- 5 ELAPSED TIME** The number shown reports the total workout time spent and will reset to zero after 60 seconds of inactivity or if the computer is reset using the gear shifter.
- 6 GEAR** Gears from 1 to 24 are displayed on the bottom left hand of the screen.
- 7 ODOMETER/TRIP DISTANCE** When the computer is activated, the Odometer "ODO" will display the distance accrual of the TBT for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds:
 - M3i** – The Odometer "ODO" will disappear to display the Trip units for two seconds ("USA" = Miles, "EURO" = Kilometers), followed by the Trip Distance for the remainder of the workout (Note: To change the Trip units, follow the instructions within the "Bluetooth® SMART" procedure on page 18).
 - M3** – The Odometer "ODO" will disappear and the Trip Distance will display for the remainder of the workout.

NOTE: On the M3i/M3, Trip is a calculated distance value (flat road ride) based on power production.

DISPLAY FEATURES

M3i and M3 Models

WORKOUT DATA

To view averages: RPM, Power, and Heart Rate, at any point in the workout, stop pedaling for three seconds. This will flash your averages until you start pedaling again or until the computer goes to sleep after 60 seconds.

M3i Model

INTERVAL TRAINING

To initiate an interval, starting from a high gear drop the Resistance Lever to "GEAR 1" for 1/4 of a second and lift it up to a higher gear immediately. "inL #" will display confirming the interval has started.

Repeat the above steps to end the interval ("inL End" will display) and the averages for that interval will blink.

Note: The averages displayed at the end of your workout when pedaling has stopped are inclusive of all pedaling times and intervals that have taken place during your workout.

Bluetooth® SMART ENABLED

The Bluetooth® SMART enabled computer allows Bluetooth® SMART Ready devices such as cellphones, tablets, and computers to gather information about your workout. M3i compatible apps allow data to be stored to track progress over time and make the data available to other fitness applications. Classrooms are able to utilize real time performance tracking programs which give the entire class an opportunity to see their performance compared with other participants in the class.

To receive and download workout information from your M3i, a Bike ID number is required, which identifies your M3i for individual or group Bluetooth discovery. The Bike ID number is viewable within the first eight seconds (displayed as "bid" and followed by any number 1 to 200, see Figure 13). To assign a Bike ID to your M3i, see "Bluetooth® SMART" procedure on page 18. Note: Bike ID set to "0" will not be discovered by Bluetooth devices.

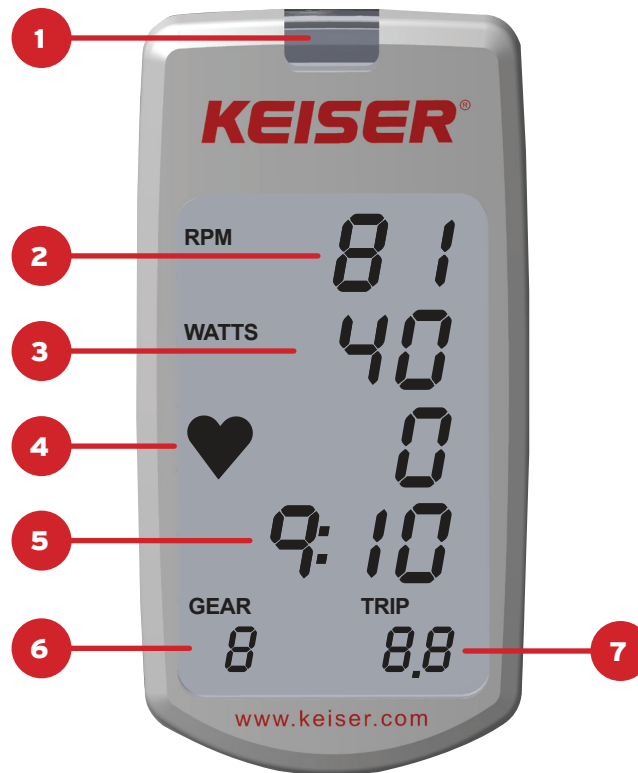
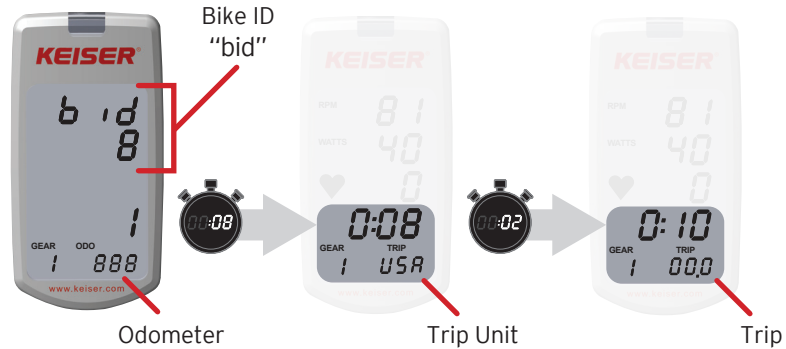


Figure 12. Computer Overview

M3i MODEL



M3 MODEL

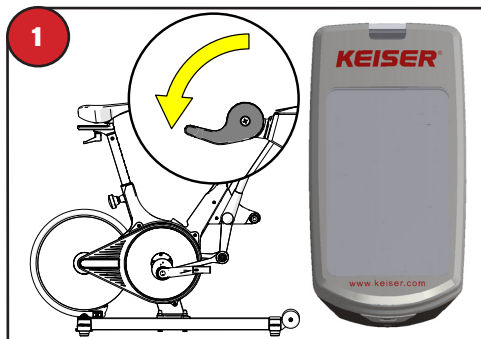


Figure 13. Computer Start-up Display

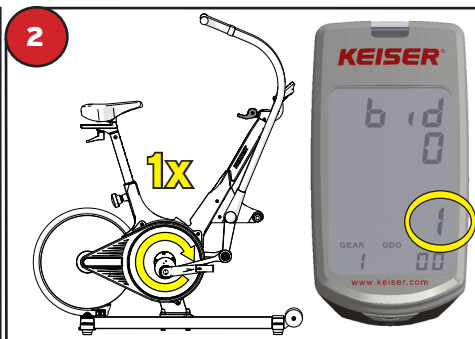
⚠ WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

M3i BLUETOOTH® SMART

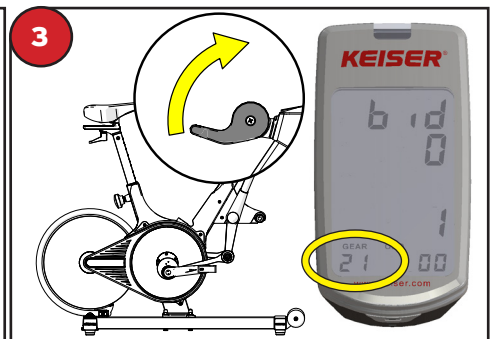
To receive and download workout information from your M3i to any Bluetooth® SMART device, a Bike ID number (displayed as "bid") is required. Perform the following one-time procedure to set both the "bid" and the Trip Unit (miles or kilometers) at once. NOTE: Steps 1 through 7 must be completed within one minute.



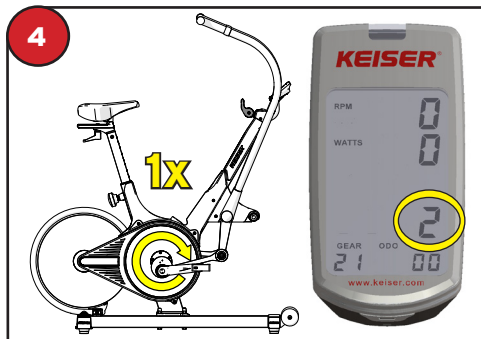
1 Begin with the computer off and pull Resistance Lever all the way down towards you. This is GEAR "1" position.



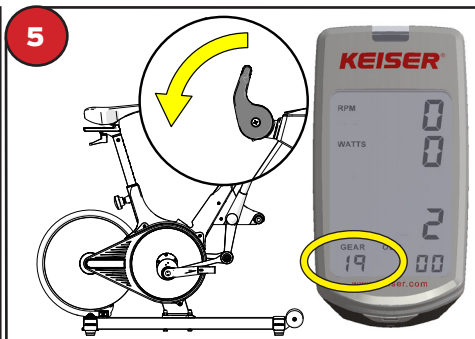
2 Pedal 1 full revolution to change the TIME value to "1".



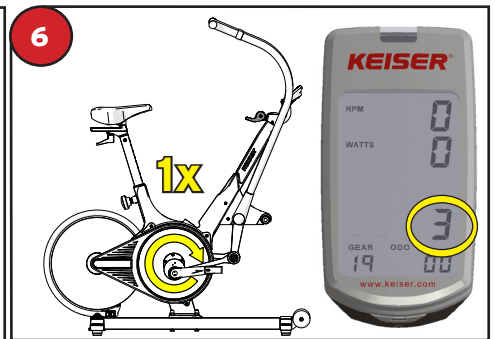
3 Shift the Resistance Lever to GEAR "21" for Miles, or GEAR "19" for Kilometers.



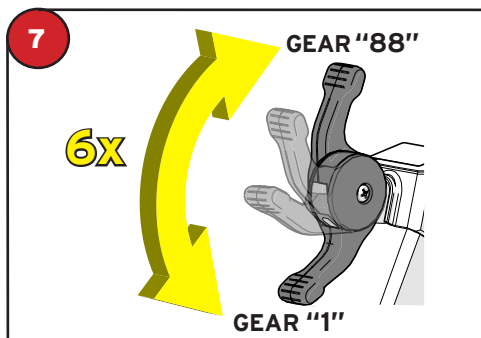
4 Pedal 1 full revolution to change the TIME value to "2".



5 Shift the Resistance Lever to GEAR "19" for Miles, or GEAR "21" for Kilometers.



6 Pedal 1 full revolution to change the TIME value to "3".



7 Shift the Resistance Lever from top to bottom (GEAR "88" to GEAR "1") for a total of 6 times.

NOTE: If the computer shuts down at any time before Step 8, the procedure has timed out. Restart the procedure from Step 1 at a time when the procedure may be completed within one minute.



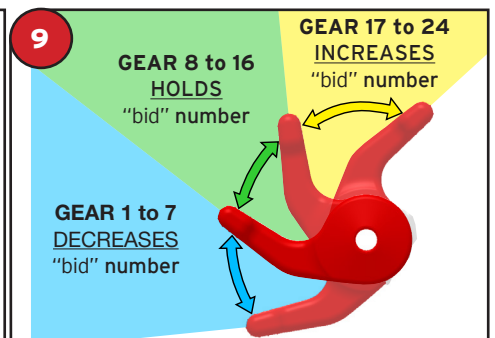
8 Confirm the Trip Unit setting:

"USA" = miles
"EURO" = kilometers

Save Trip Unit: Set the GEAR to any number between 8 and 16 (estimated time one minute).

For Bluetooth® SMART setup, skip "Save Trip Unit" and go to Step 9.

NOTE: "Err#" = incorrect gear setting within Steps 3-5. Restart the procedure from Step 1 after the computer shuts down (estimated time one minute).



9 Set Bike ID ("bid"):

- Increases "bid" number
- Decreases "bid" number

Set the "bid" number to any number between 1 and 200.

Save the "bid" number: Set to any number between 8 and 16 (estimated time one minute).

NOTE: Allow the computer to shut down. This will save the "bid" number and Trip Unit, and exit the Bluetooth® SMART set up.

HOW TO EXERCISE ON THE TBT

The TBT is intended for cardiovascular, strength, and power conditioning exercise. Before you begin your exercise, be sure to adjust the Seat height and depth to the position that supports good body position.

BODY POSITION

1. HEAD AND NECK

Keep your head and neck in alignment with your body. Your eyes and ears should be on the same horizontal plane and parallel with the floor.

2. POSTURE

Maintain the natural curvature of your spine to achieve proper posture. Avoid leaning forward or arching your back.

3. ARMS

Maintain comfortable range of arm motion, keeping the Handles in front of your body and within reach. Ensure a slight bend at the elbows when Handles reach full extension.

4. HANDS

Ensure a firm grasp of the Handles throughout the exercise. Vary your handgrip for comfort and to help prevent discomfort.

5. LEGS

Your knee cap should align with the Pedal axle when the Pedal is positioned at three o'clock (away from Flywheel). A slight bend at the knee (5-15 degree angle) should be present when the Pedal extends down to six o'clock (toward floor).

6. FEET

Keep the widest part of each foot over the center of the Pedals (or resting on the Foot Rests in the Upper Body training position). Pedal at an even, steady pace to maintain balanced pedal strokes.

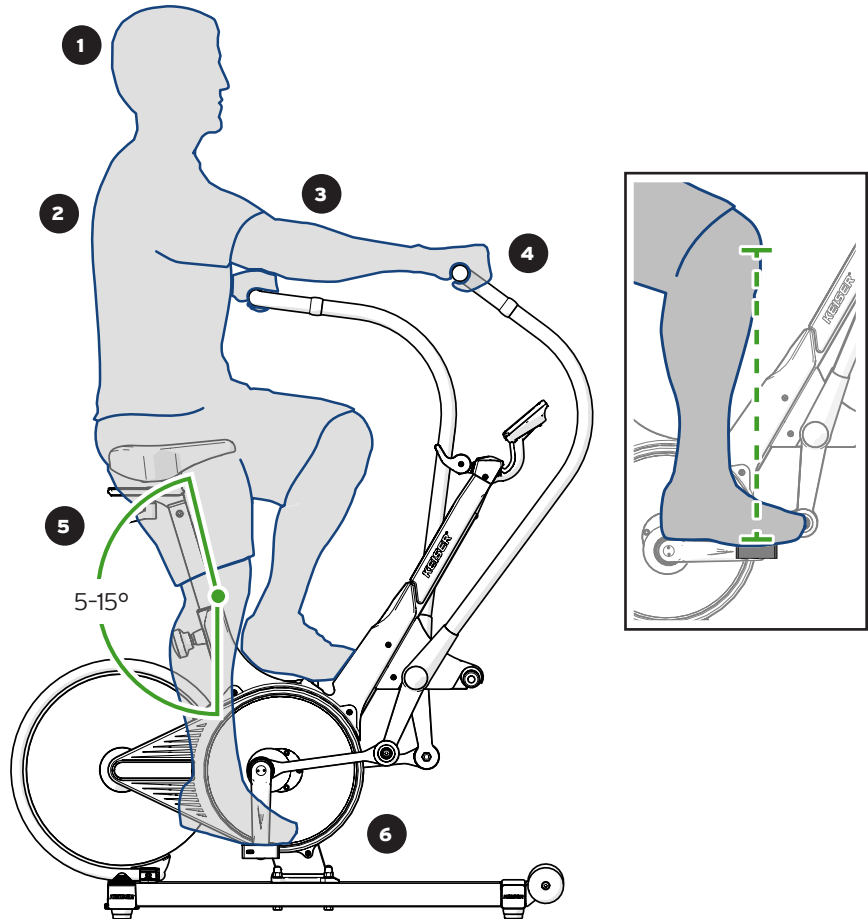


Figure 14. Body Position

⚠ CAUTION: ENSURE SEAT HEIGHT AND DEPTH SUPPORT PROPER BODY POSITIONING TO AVOID INJURY.

SEAT HEIGHT – Hips rocking side to side during pedaling indicates the Seat is positioned too high; knees bowed outward indicates the Seat is positioned too low. Adjust the Seat to align with the top of your hip when standing beside the TBT.

SEAT DEPTH – Adjust the Seat depth until only the toe end of your foot is visible when the Pedal is positioned at three o'clock (away from Flywheel).

Failure to follow this instruction may result in injury due to unnecessary stress on joints, muscles, and soft tissue.

Start Your Exercise:

1. Set the Resistance Lever down, then set a Pedal to the lowest position.
2. Grasp the Handle nearest to you.
3. Step onto the lowest Pedal first to mount the TBT.

End Your Exercise:

1. Bring the Flywheel to a complete stop using the Handles/Pedals or the Resistance Lever/Emergency Brake.
2. Once the Flywheel/Handles come to a complete stop, step off of the higher Pedal first, then the lower one, to dismount.

⚠ WARNING: To prevent injury, always wait until the Flywheel comes to a complete stop before you attempt to dismount the TBT. Keep the top surface of the Pedals clean and dry.

EXERCISE GUIDELINE

Consult your physician before beginning any exercise program. To help ensure a safe, comfortable, and effective workout, remember to:

1. **Warm up:** Proper warm up before you begin your workout helps to get your muscles ready for exercise and can help prevent serious injury.
2. **Control resistance:** Always work with resistance that you can handle through a full range of motion. Know your limitations.
3. **Breathe:** Keep your breathing at a constant but steady pace. Avoid holding your breath as this may cause physical harm.
4. **Keep your form and control:** Learn and know how to perform the exercise correctly. Keep a steady/fluid motion throughout your workout. Engaging your abdominal muscles will help keep balance and protect your spine.

⚠ CAUTION: PROPER WARM UP REQUIRED TO HELP PREVENT SERIOUS INJURY. This TBT should only be used with proper instruction. Always maintain good form and control during exercise. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in serious injury. If you are unclear on proper form, consult a physical therapist or trainer.

EXERCISE POSITIONS

Total Body Training (Figure 15) is an all-around exercise suited for users of any fitness level that provides a challenging workout. The upper and lower body are engaged for cardiovascular and pulmonary endurance, as well as for strength and power conditioning.

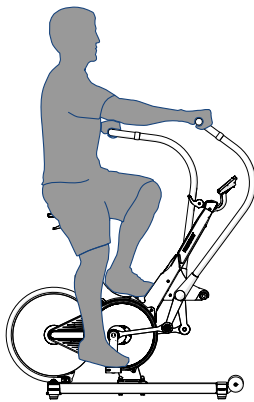


Figure 15. Total Body Training Exercise Position

Independent Upper Body Training (Figure 16) is an advanced workout position that focuses on the upper body and core muscle groups. Maintain a firm grip and complete control of the Handles for optimal workout and to prevent injury.

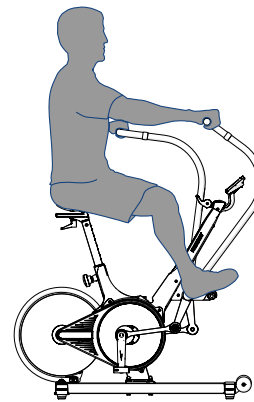


Figure 16. Upper Body Training Exercise Position

Independent Lower Body Training (Figure 17) is an advanced workout position that focuses on the lower body muscle groups. Position hands on your hips to maintain balance and to prevent injury.

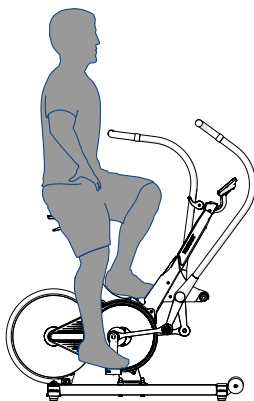


Figure 17. Lower Body Training Exercise Position

REMEMBER:

- Combine resistance and intensity, along with varied time durations, for your desired cardiovascular, strength, and power conditioning.
- Take the time to pedal during cool down, and stretch after your workout.
- M3i Users – Download workout averages to any Bluetooth® SMART device with an M3i capable application.

MAINTENANCE



CAUTION: Routine maintenance is an essential part of maintaining the highest level of equipment safety, as well as optimal equipment performance. Immediately replace damaged, worn, or broken parts and do not use the TBT until all repairs have been completed and tested by a certified Keiser technician.

PREVENTATIVE MAINTENANCE SCHEDULE

<p>Every Workout</p>	<ul style="list-style-type: none"> • TBT is properly stabilized, level to the floor (refer to “Base Stabilizer” section, page 14). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knob, L-Handle, and Seat Upholstery). • Cleaning: Target areas in the sweat path with a dry soft towel or cloth.
<p>Weekly for the 1st Month</p>	<ul style="list-style-type: none"> • Check to ensure that the TBT is in safe proper working order (perform the full “Proper Operation Check,” page 14). • Check that parts most susceptible to wear are not damaged or broken (Adjustment Knob, L-Handle, and Seat Upholstery).
<p>Monthly</p>	<ul style="list-style-type: none"> • Clean the external body/parts thoroughly, targeting areas that come in contact with sweat, using a damp soft towel and a mild detergent (neutral, non-caustic). Wipe dry the equipment.
<p>Quarterly</p>	<ul style="list-style-type: none"> • Apply wax to protect the paint finish on metal parts: <ol style="list-style-type: none"> 1. Wipe down and thoroughly clean the TBT prior to applying wax. 2. Use an easily applied automotive treatment such as Meguiar’s® Quik Detailer Mist and Wipe. 3. Target areas that come in contact with sweat as they are most vulnerable to rust. <p>NOTE: Failure to apply a coat of wax to high-sweat areas at a minimum of four times a year will decrease paint and frame life due to corrosion and will void the warranty.</p>
<p>Annually</p>	<ul style="list-style-type: none"> • Check to ensure all external visible screws and nuts are not loose and that they are tightened. • Check parts most susceptible to wear and replace if damaged or broken (Adjustment Knob, L-Handle, and Seat Upholstery). • The low battery signal (“LO-BA”) will appear on the computer display when it is time to replace the batteries (two AA batteries, refer to “Computer Battery Replacement” on page 22 for complete instructions). NOTE: For establishments with multiple TBT equipment, replacement of all computer batteries at the same time is recommended. • Apply LPS 3® Rust Inhibitor or WD-40® Long-Term Corrosion Inhibitor to the Left Bottom Bracket Bearing and to both Link Bearings (Handle-Link connection point). • Apply lubricant to the Adjustment Knobs: <ol style="list-style-type: none"> 1. Unscrew and remove the Adjustment Knobs. 2. Clean threads with a lint-free cloth. 3. Apply a moderate amount of lubricant to threads, then replace the Adjustment Knobs. <p>NOTE: Both the threaded stud and the threaded insert nut are stainless steel. It is critical to keep the threads lubricated with a heavy grease (preferably white or clear in color), such as HYDROTEX® Acculube #2 or any compound with equivalent anti-wear and corrosion resistant properties.</p>

COMPUTER BATTERY REPLACEMENT

"LO-BA" will appear on the computer to indicate that the batteries are low and need replacement. To replace the batteries:

1. Remove the screw that secures the Computer Display to the Mount using a #1 Phillips screwdriver (refer to Figure 18).
2. Remove the two AA batteries (follow manufacturer's recommendations for handling, maintaining, and disposing of batteries).
3. Install two new AA batteries observing the correct polarity (see +/- marking inside the battery compartment). R6 (Zinc-Carbon) or LR6 (Alkaline) type batteries are acceptable. Do not use FR6 (Lithium) or similar type batteries.
4. Tuck the Computer Wire back into the Mount as you slide the Computer Display up and onto the Mount, then reinstall the screw removed in step 1.

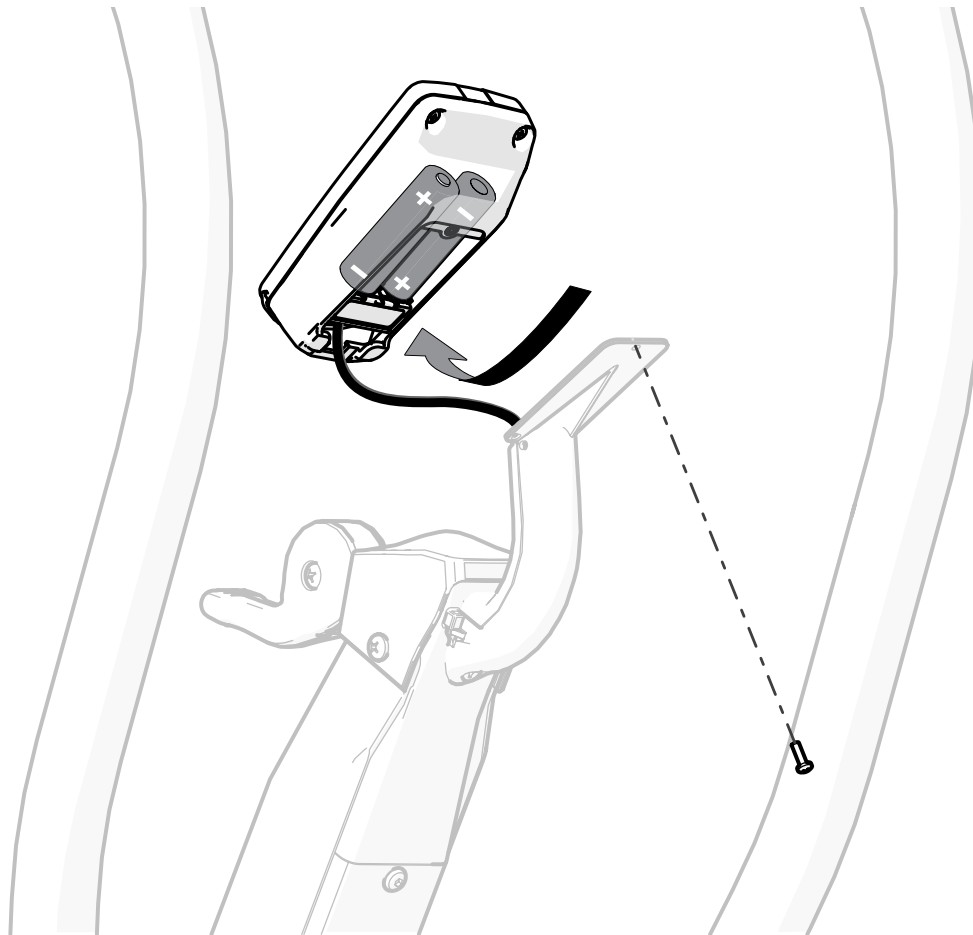


Figure 18. TBT Battery Replacement

NOTE: Upon end of life of your TBT, contact Keiser Customer Support for handling direction (see back page for contact information). Be sure to follow your local government guidelines for battery disposal/recycling.



WARNING: Install batteries correctly (+/-). Do not disassemble or dispose of batteries in fire. Check local government guidelines for battery disposal/recycling in your area. Battery leakage is extremely caustic and contact with bare skin should be avoided. Follow battery manufacturer's recommendations for care and use.

M SERIES CALIBRATION

All M Series equipment is factory calibrated. There is no need to calibrate. If a component associated with the resistance mechanism or computer has been replaced, contact Keiser Customer Support for the calibration procedure (see back page for contact information).

REGULATORY AND COMPLIANCE NOTICES

COMPLIANCE

This device complies with Industry Canada Licence-Exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

REGULATORY NOTICE

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide

reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

⚠ California Proposition 65 Warning: This product contains chemicals known in the State of California to cause cancer, birth defects, and/or other reproductive harm.


BLUETOOTH® SMART word mark and logos are registered trademarks of Bluetooth SIG, Inc.; LPS 3® Rust Inhibitor is the registered trademark of ITW Pro Brands, an Illinois Tool Works Company; WD-40® Long-Term Corrosion Inhibitor is the registered trademark of WD-40 Company; HYDROTEX® is the registered trademark of Hydrotex, Partners, Ltd.; MEGUIAR'S® is the registered trademark of Meguiar's, Inc.; and POLAR® is the registered trademark of Electro Oy.


WARRANTY STATEMENT

For information about Keiser's product warranty and thereto related information, refer to [keiser.com/support/warranty](https://www.keiser.com/support/warranty).

CUSTOMER SUPPORT


If you have any questions regarding the TBT assembly, installation, or operation after reading this manual, contact Keiser Customer Support:

 1 559 256 8000

 service@keiser.com

 keiser.com/support

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