

**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **M SERIES**



# **M7i WHEELCHAIR-ACCESSIBLE TOTAL BODY TRAINER**

**INSTALLATION AND OPERATION MANUAL**

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

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# INTRODUCTION

Congratulations on the purchase of your new Keiser M7i Wheelchair-Accessible Total Body Trainer and welcome to the Keiser family. Your new resistance system is a revolutionary way to exercise providing a smoother, quieter, and more predictable workout. Our machines are engineered to help improve function and maximize results. The Keiser M7i design and fitness technology place wellness goals of any level within reach.

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 M7i. If you have any questions regarding M7i installation 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](https://www.keiser.com/support), or by email at [service@keiser.com](mailto:service@keiser.com).

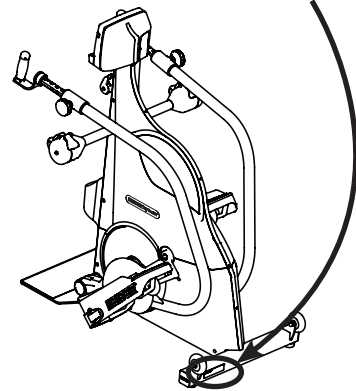
Yours in Health,  
Keiser Corporation

## 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

Your M7i must be registered to receive 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 M7i installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000

@ [service@keiser.com](mailto:service@keiser.com)


🌐 [keiser.com/support](https://www.keiser.com/support)

### KEISER CORPORATION

📍 2470 S. Cherry Ave.  
Fresno, CA 93706

Mention of third-party products is for informational purposes only and does not constitute endorsement. Keiser Corporation assumes no responsibility with regard to the performance or use of these products. All understandings, agreements, or warranties, if any, take place directly between the vendors and the prospective users. Every effort has been made to ensure that the information in this manual is accurate. Keiser Corporation is not responsible for printing or clerical errors.

# IMPORTANT SAFETY INSTRUCTIONS

1.  Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Use this M7i for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
4. User height requirement: 48 in (1219 mm) or taller. Arm reach minimum requirement: 12 in (305 mm).
5. Consult your physician before beginning any exercise program, especially if you suffer from, have been diagnosed with, or have a family history of heart disease, respiratory disease, diabetes, high blood pressure, elevated cholesterol, arthritis, or any other diseases or physical complaints. Do not use the M7i until you have been cleared by your physician. Ensure that your physician is aware of any/all medication(s) you are taking.
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 M7i 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. Supervision by a spotter is required if the user has a disability or medical condition.
9. Always attempt exercises for the first time with the assistance of a spotter and be aware of the potential for the wheelchair or mobility device to tip over in any direction.
10. Spotters must read and understand these safety instructions and should become familiar with the M7i prior to acting as a spotter/supervisor.
11. Wear proper shoes. Dress shoes, sandals, slippers, or bare feet are not suitable for use on the M7i. Quality athletic shoes are recommended to avoid leg fatigue. Do not wear clothing that might catch on any M7i moving parts.
12. Distractions, such as watching television, reading, using a computer device, or talking on the telephone while using the M7i affect the ability of the user to safely exercise on the M7i. Pay attention to and focus on your exercise while using the M7i.
13. Routinely check and pay special attention to components most susceptible to wear. Refer to the "Preventative Maintenance Schedule" (page 16) for further instruction.
14. Replace damaged, worn, or broken parts immediately and/or keep the M7i out of use until repaired.
15. 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.
16. Maximum load per Handle/Arm shall not exceed 100 lbs (45.4 kg).
17. Proper biomechanical positioning is necessary to achieve a safe, comfortable, and effective workout. Proper leg and arm reach must always be maintained during every workout. Refer to the "Biomechanical Positioning" section (page 12) for further instruction and safety information.
18. As wheelchairs (manual or powered) vary, so will the means to stabilize them during exercise. Please take stability into consideration before exercise. This will help to prevent inadvertent movement or tip hazard during exercise.
19. Recoiler Safety Straps help increase stability and must be used at all times during exercise. Use of the M7i without the Recoiler Safety Straps securely fastened may result in serious injury. Never place Recoiler Safety Strap Hooks below seat level. Refer to the "Recoiler Safety Straps" section (page 11) for detailed user instructions.
20. Sudden release of Recoiler Safety Straps in the unlocked position will snap back uncontrollably and could result in serious injury or damage to the M7i. Always check to ensure the Lock Levers are in the locked position during use.
21. The M7i is NOT designed with a freewheel, but a fixed gear system. The Handles are attached to the Crank Arms by linked components. These cannot be disengaged. When the Flywheel is in motion, the Footpads—including the Handles—will also be in motion. For this reason, never remove your feet from the Footpads 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.
22. It is recommended that the M7i is pedaled in a forward rotation.
23. 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.
24. Do not make adjustments during exercise. Use the Handles or the Resistance Lever to slowly bring all motion to a controlled stop prior to making adjustments.
25. Before dismounting the M7i, 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.



## IMPORTANT SAFETY INSTRUCTIONS (CONTINUED)

26. Individuals with limited lower body control should always secure their feet with Foot Straps when operating the M7i. Swivel the Foot Strap to the upright position. Place your foot under the Foot Strap and onto the Footpad with your heel resting against the rear wall of the Footpad. Pull the Foot Strap end up and away from your foot to tighten the Foot Strap to your foot. Press the hook and loop surfaces firmly together to fasten. Ensure the Foot Strap is snug to fit without causing discomfort. Always wait for the M7i to come to a complete stop before attempting to adjust the Foot Straps.
27. Footpad movements at high speeds or utilizing the M7i for independent upper or lower body exercises are considered advanced techniques, and should only be performed when the user has reached an advanced level and/or under supervision by a person that has reached an advanced level.
28. The M7i is not a toy. Children shall not play with the M7i. Children under 14 years old should not use the M7i. Keep children and pets clear from the M7i at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
29. The M7i 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 M7i without constant supervision by a spotter/supervisor.
30. Ensure that all Recoiler Safety Straps and Foot Straps are secure and do not obstruct user movement and are not left hanging loose or unfastened so as to come in contact and interfere with the user or the M7i during operation.
31. The M7i should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the M7i may be splashed with water or fluids. The M7i is intended for indoor use only.
32. The minimum amount of free area around the M7i is 36 inches (914 mm) on all sides. Refer to the "Placement of the M7i" section (page 6) for further placement direction.
33. The M7i is suited for both home and commercial use. To ensure your safety and to help prevent damage to the M7i, 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 M7i in a desired exercise location.
34. Failure to perform final check for proper operation prior to normal use of the M7i will void your warranty and could result in serious injury.
35. The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the repetition, and any fixed gear bike, including, without limitation, the Keiser M7i Wheelchair-Accessible Total Body Trainer, without proper instruction and 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 machine before the flywheel stops may also be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.
36. Users, agents, and/or anyone directing the use of the M7i shall determine the suitability of the M7i for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
37. If you have any questions regarding M7i installation and/or operation after reading this manual, contact Keiser Customer Support:
  -  1 559 256 8000
  -  [service@keiser.com](mailto:service@keiser.com)
  -  [keiser.com/support](http://keiser.com/support)



**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.

# WEIGHT AND FOOTPRINT

Total Weight	142 lbs (64 kg)
M7i Footprint	Length 39.4 in (1,000 mm) x Width 28 in (711 mm)

## M7i PLACEMENT

The minimum amount of required free area space around the M7i is 36 inches (914 mm) on all sides (refer to Figure 1). When M7i machines are positioned adjacent to each other, the free area may be shared. Free area space at the rear of the M7i is not required when the M7i is positioned against a wall.

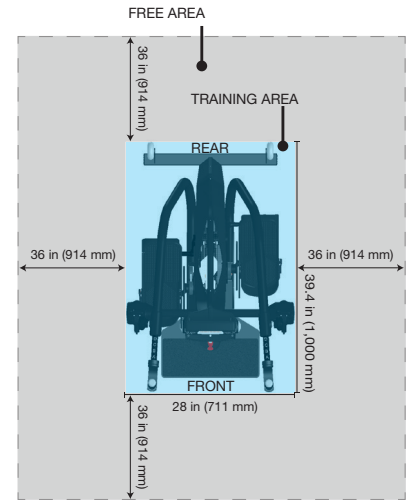
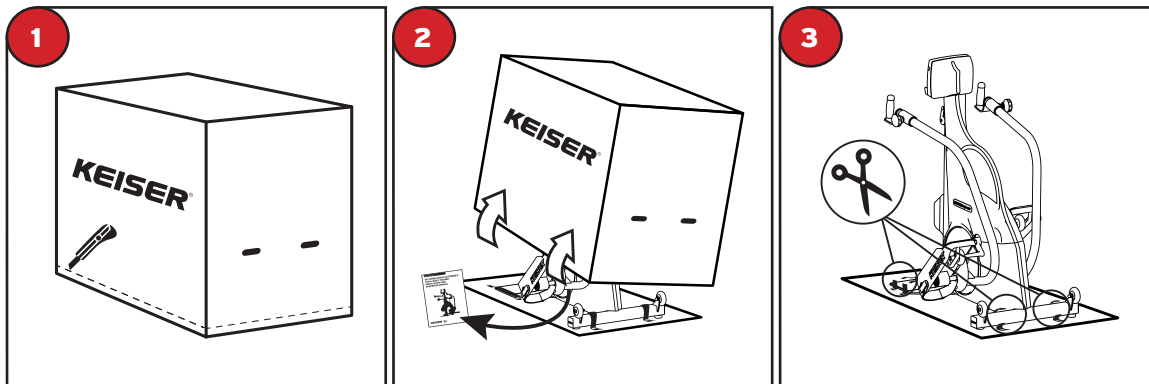


Figure 1. M7i Training Area

# ASSEMBLY

## UNPACKING

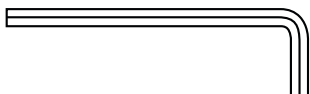
Follow Steps 1 - 3 below.



To position the M7i at the desired location, carefully tilt the M7i toward the rear until the transport wheels make contact with the floor and position in a desired location.

NOTE: Carefully remove all parts from the box and check for any damage or missing parts (see "Parts List," page 7). If parts are damaged or missing, contact your local dealer, distributor, or Keiser Customer Support by telephone at 1 559 256 8000.

## TOOL REQUIRED



5 mm Allen Wrench

**PARTS LIST**

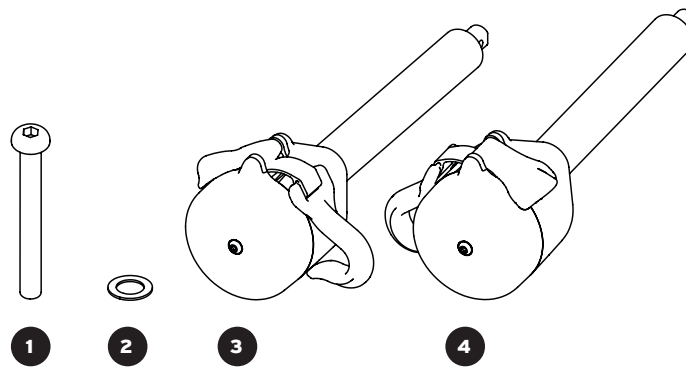


Figure 2. Parts List (images not to scale)

Description	Qty	Keiser Part Number
1 M8 x 1.25 x 70 mm, Socket Button Head Cap Screw	2	9543
2 5/16 Washer	2	9369
3 Left Recoiler Assembly	1	520805
4 Right Recoiler Assembly	1	520806

**ACCESSORIES (OPTIONAL EQUIPMENT)**

**ADAPTABILITY KIT (Part Number 520800)**



**LEG STABILIZERS**

May be used to provide stability and to help ensure proper leg alignment and motion.



**ADAPTIVE WRIST STRAPS**

May be used when grip strength is limited or hand function is impaired.

**RECOILER INSTALLATION**



**WARNING:** Sudden release of Recoiler Safety Straps in the unlocked position will snap back uncontrollably and could result in serious injury and/or damage to the M7i. Always check to ensure the Lock Levers are in the locked position during use.

1. Insert the Left and Right Recoiler shaft into the M7i Main Frame until it stops, refer to Figure 3.
2. Install Recoilers to the Main Frame with one M8 x 1.25 x 70 mm Socket Button Head Cap Screw and one 5/16 Washer per side. Drive the screw in until tight using a 5 mm Allen Wrench.

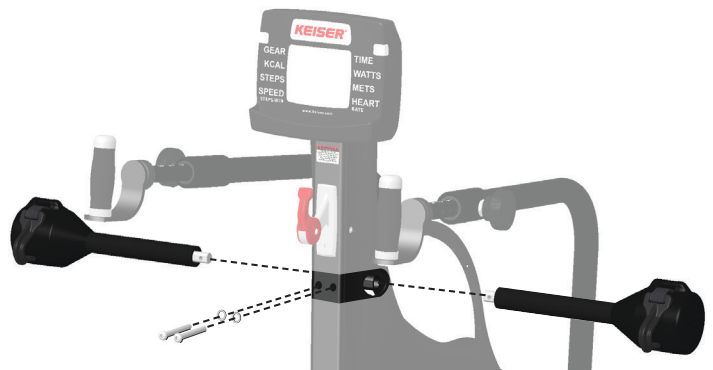


Figure 3. Left and Right Recoiler Installation

**PRODUCT OVERVIEW**

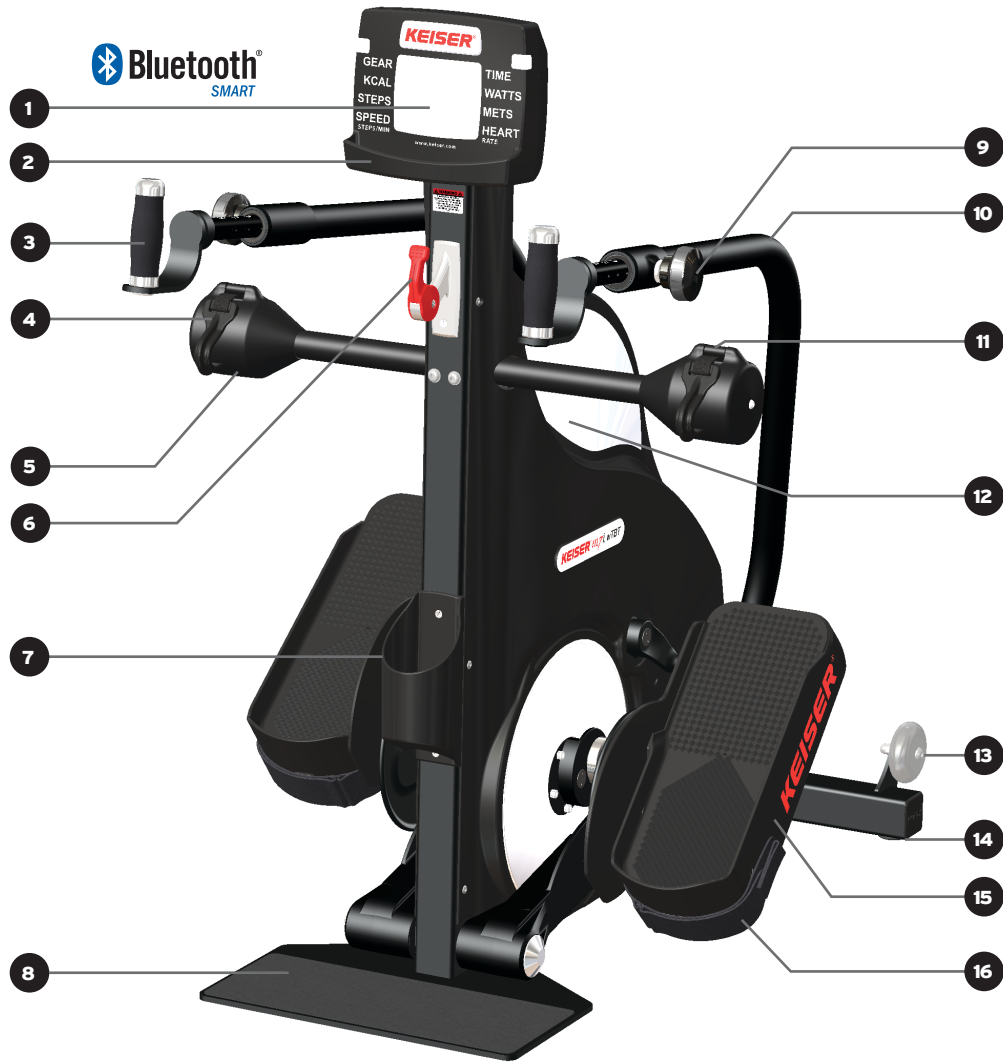


Figure 4. M7i Wheelchair-Accessible Total Body Trainer

- |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1 Computer System with Bluetooth® SMART*</li> <li>2 Valet Tray</li> <li>3 Handles</li> <li>4 Recoiler Safety Straps and Hooks</li> <li>5 Recoilers</li> <li>6 Resistance Lever/Emergency Brake</li> <li>7 Water Bottle Holder</li> <li>8 Base Plate</li> </ul> | <ul style="list-style-type: none"> <li>9 Adjustment Knobs</li> <li>10 Arms</li> <li>11 Lock Levers</li> <li>12 Flywheel</li> <li>13 Transport Wheels</li> <li>14 Leveler Foot</li> <li>15 Footpads</li> <li>16 Foot Straps</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## LEVELER FOOT

The M7i should be placed on a level surface. If the sub-floor is not level, the Leveler Foot allows adjustment to a position that will level your M7i.

Adjust the Leveler Foot by slightly lifting the right base corner of the M7i and screwing the foot in or out, refer to Figure 5.

- Rotate the Leveler Foot in (counterclockwise, from a topside view) to drive the foot further into the base.
- Rotate the Leveler Foot out (clockwise, from a topside view) to extend further out of the base.

Set the base corner down and test for stability. The M7i should sit flat without rocking. Adjust and fine-tune the Leveler Foot as needed.

**NOTE:** The M7i should not be used until it is level. If the M7i is moved to a different location, adjust the Leveler Foot as needed to level your M7i.

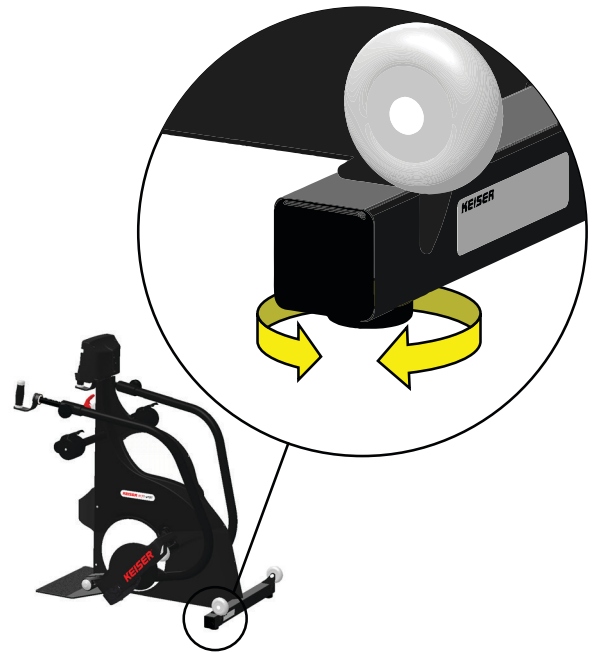


Figure 5. Leveler Foot Adjustment

## PROPER OPERATION CHECK

Before operation of the M7i, check to ensure that:

- Left and Right Recoilers are installed correctly.
- Recoiler Safety Straps draw out/in freely without snag.
- Computer Display cycles on within the first full revolution of the Footpads.
- M7i is properly leveled.
- The Adjustment Knobs properly engage the Handle position holes and are hand-tight.
- Wipe down the M7i using a clean cloth.

**If all assembly requirements have been met, and you have read and understood the Important Safety Instructions, test ride the M7i under the supervision of a spotter. Adjust and fine-tune as needed. It is recommended that the M7i is pedaled in a forward rotation.**



**WARNING:** Failure to perform final check for proper operation prior to normal use of the M7i will void your warranty and could result in serious injury.

**BLUETOOTH® SMART\***

To receive and download workout information from your M7i to any Bluetooth® SMART\* Ready device, a machine ID number is required. The following is a one-time machine ID setup procedure. **NOTE: Steps 1 through 7 must be completed within one minute.**



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



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



Shift the Resistance Lever up to GEAR "21".



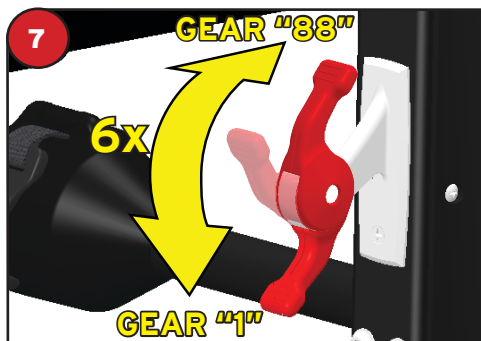
Pedal 1 full revolution to change the TIME value to "2".



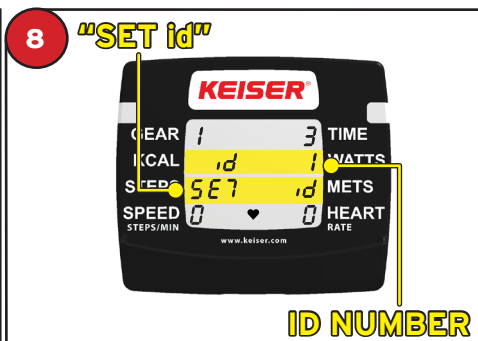
Shift the Resistance Lever down to GEAR "19".



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

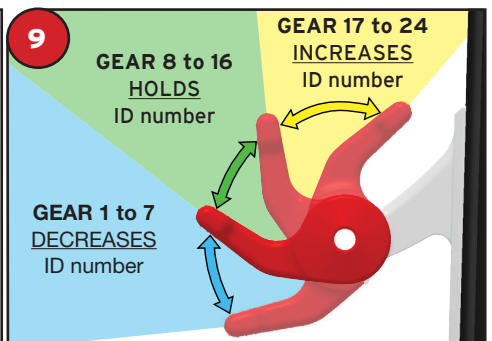


Shift the Resistance Lever from top to bottom (GEAR "88" to GEAR "1") for a total of 6 times.



Upon successful completion of Steps 1-7, "SET id" will appear on the display. Proceed to Step 9 to set ID number.

NOTE: If Steps 1-7 are not completed within one minute, allow the computer to shut down (estimated time one minute) and restart the procedure.



Move the Resistance Lever up to increase, or down to decrease, the ID number setting to any value between 1 and 199. Hold the ID number by positioning the Resistance Lever to any GEAR number between 8 and 16. Allow the computer to shut down (estimated time one minute).

NOTE: The computer must shut down to save and exit the Bluetooth® SMART\* setup mode.



## OPERATION

The M7i is intended for cardiovascular, strength, and power conditioning exercise. Always attempt exercises for the first time with the assistance of a spotter. Be aware of the potential for your wheelchair or mobility device to tip over in any direction. Supervision by a spotter is required if you have a physical complaint; a disability; or suffer from, have been diagnosed with, or have a family history of any disease or illness. The following pages are a brief overview of the features necessary for safe operation.

### RESISTANCE LEVER

Resistance is controlled by the Resistance Lever, refer to Figure 6. The Resistance Lever can be set to any gear from 1 to 24. The higher the gear number setting, the greater the resistance for the user.

### 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, refer to Figure 6. Wait until the Footpads and Handles come to a complete stop before dismounting.

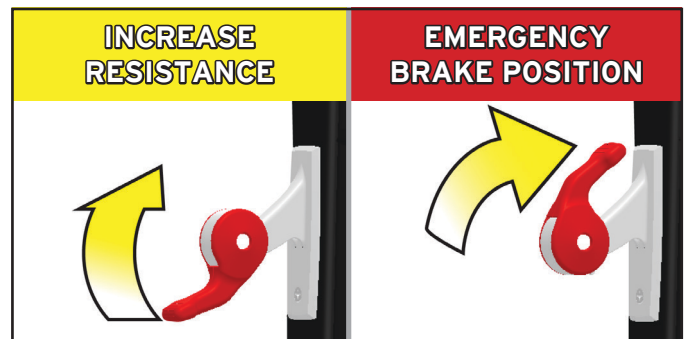


Figure 6. Resistance Lever and Emergency Brake Position

### ADJUSTMENT KNOBS

The Adjustment Knobs allow the Handles to adjust in increments of 1 inch (25 mm) to attain a comfortable reach distance. To set the Handles using the Adjustment Knobs, refer to Figure 7 and follow the instructions below:

1. Loosen the Adjustment Knob by turning it counterclockwise 1/4 - 1/2 turn.
2. Pull the Knob outward and hold.
3. Slide the Handle freely to the desired position.
4. Release the Knob. Ensure it locks into the desired position hole.
5. Turn the Knob clockwise until it is hand-tight to secure the Handle.

NOTE: For proper reach setting, ensure that your elbows maintain a slight bend when the Handles are pushed out to the furthest position.

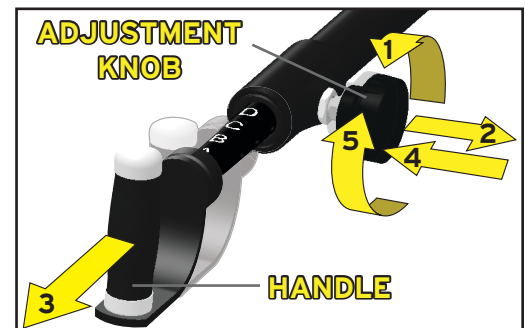


Figure 7. Adjustment Knobs Instruction

### RECOILER SAFETY STRAPS

Recoiler Safety Straps are an important safety mechanism that provide increased stability to your wheelchair. **Recoiler Safety Straps must be used during exercise.** To set the Recoiler Safety Straps, refer to Figure 8 and follow the instructions below:

1. Lift the Recoiler Lock Lever up to unlock and pull the Safety Strap Hook out.
2. Attach the Safety Strap Hooks to a fixed area on the wheelchair, such as the arm rest, or comfortably above seat level. To reduce the risk of tipping backwards, **never place Safety Strap Hooks below SEAT LEVEL.**
3. Check that the Recoiler Safety Straps are tightly drawn out with no looseness, then push the Recoiler Lock Lever down to lock in place.

NOTE: Wheelchair brakes must be locked (powered mobility devices turned off) during exercise. If your wheelchair feels like tipping back, stop in a controlled manner and repeat Step 3. When done exercising, lift the Recoiler Lock Lever up to unlock. Detach the Safety Strap Hooks from the M7i and allow them to feed back into the Recoiler.

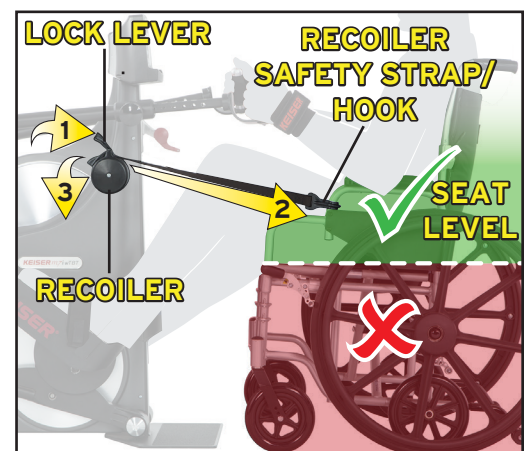


Figure 8. Correct Recoiler Safety Straps Placement

## BIOMECHANICAL POSITION

Proper biomechanical positioning is necessary for a safe, comfortable, and effective workout. The following steps should be taken prior to every workout. Figure 9 “Biomechanical Positioning” shown below demonstrates proper positioning throughout your workout:

1. Position your wheelchair so your feet are directly over the M7i Base Plate.
2. Place your feet onto the Footpads. Extend one Footpad to the furthest position. Check to ensure your knee has a slight bend and that your lower thigh makes minimum contact with the seat. Reposition your wheelchair as needed for proper reach and comfort.
3. Grab one Handle and extend it to the furthest position. With your back against the wheelchair backrest, check to ensure your elbow has a slight bend with the Handle at the furthest point. Adjust the Handle reach as needed for proper reach and comfort.
4. Once proper leg and arm reach are attained, lock the wheelchair brakes (powered mobility devices should be turned off). Set the Recoiler Safety Straps (refer to page 11 “Safety Recoiler Straps” section).

### HANDS AND ARMS

Ensure a firm grasp throughout the exercise and that your elbows keep a slight bend at full extension. Keep your hands in front of your chest. Adjustable Handles allow users of varied heights to exercise comfortably. Swivel Handles allow wrists/shoulders to rotate naturally and freely.

### 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.

### LEGS

At full leg extension, ensure that your knee keeps a slight bend and that your lower thigh makes minimum contact with the seat. Keep your legs in line with the Footpads. The legs should not be bowed out or inward.

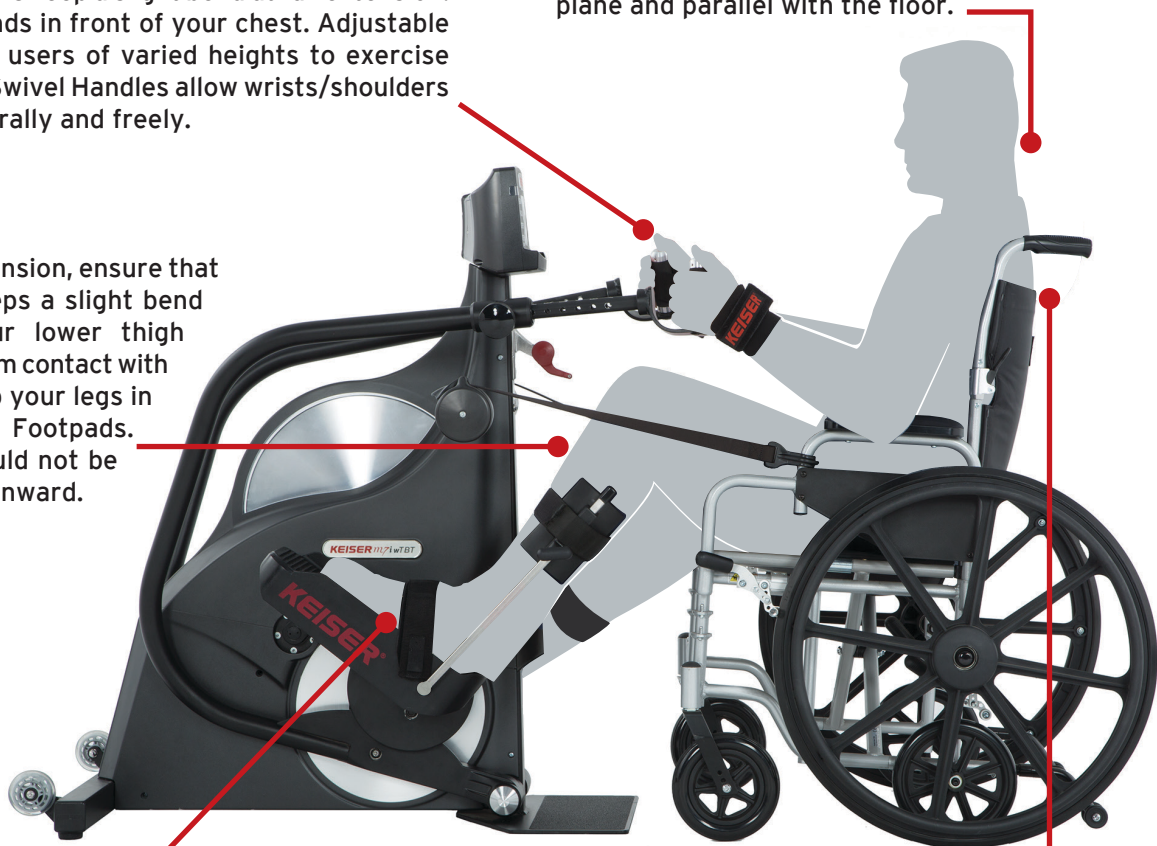


Figure 9. Biomechanical Positioning

### FEET

Place your feet on the Footpads with heels resting against the Footpad rear wall. Foot Straps provide secure footing during exercise. NOTE: Ensure Foot Straps are snug to fit, without causing any discomfort.

### BACK AND SHOULDERS

Your back must be fully supported by your wheelchair backrest at all times. Adjust any backrest support, cushion, or pillow for comfort. Avoid sitting at the edge of your seat. Maintain the natural curves of the spine and avoid leaning forward or arching your back to achieve proper posture.

Shown with optional Leg Stabilizers and Adaptive Wrist Straps (Part Number 520800), available for individuals with limited control of legs or arms. Consult with your physician to determine if these items are right for you.

## M7i EXERCISE POSITIONS

There are 3 exercise positions that target various muscle groups to help meet your specific wellness goals.

**Total Body Training** (Figure 10) is an all-around exercise suited for users of any fitness level that provides a challenging, yet accessible, workout. The upper and lower body are engaged for cardiovascular and pulmonary endurance, as well as for strength and power conditioning.



Figure 10. Total Body Training Exercise Position

**Independent Upper Body Training** (Figure 11) is an advanced workout position that focuses on upper body muscle groups for a high-intensity cardiovascular exercise. A firm grip and complete control of the Handles are required for optimal workout and to prevent injury. Optional Adaptive Wrist Straps are available for individuals with limited or impaired grip (shown in Figure 9). Consult your physician to determine if these items are right for you.



Figure 11. Upper Body Training Exercise Position

**Independent Lower Body Training** (Figure 12), is an advanced workout position focused on lower body muscle groups for a high-intensity cardiovascular exercise. Optional Leg Stabilizers are available for individuals with limited leg control (shown in Figure 9). Consult your physician to determine if these items are right for you.



Figure 12. Lower Body Training Exercise Position

Combine resistance and intensity, along with varied time durations, for your desired cardiovascular, strength, and power conditioning. **In all situations be sure to consult with your physician or assistant prior to attempting a new maneuver that you may not be comfortable with.**

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Please read and understand all Important Safety Instructions, and remember to:

- Stretch and warm up thoroughly prior to your workout and follow the advice of your physician.
- Ensure that the Handles, Safety Recoiler Straps, and Foot Straps are properly adjusted and secured before starting your workout.
- Enjoy your workout.
- Take the time to pedal during a cool down period.
- Stretch after every workout.
- Download workout averages to any Bluetooth® SMART\* capable phone or tablet with an M7i capable application.

# M7i SERIES COMPUTER

## OVERVIEW

### LINE 1 - GEAR

Gears from 1 to 24 represent the resistance levels. The higher the gear number setting, the greater the resistance for the user.

### LINE 2 - KCAL (KILOCALORIES)

Total energy expended during a workout session.

### LINE 3 - STEPS

Number of steps taken during a workout session.

### LINE 4 - SPEED

Interpreted as steps per minute (SPM), is the rate at which the user is pedaling.

### LINE 5 - TIME

Total time spent pedaling during a workout session.

### LINE 6 - WATTS

Power output generated, in real-time. The rated accuracy for power between 40 and 200 spm is  $\pm 5$  Watts for power below 50 Watts, and  $\pm 10\%$  for power above 50 Watts.

### LINE 7 - METS (Metabolic Equivalent of Task)

A MET is the ratio of the rate of energy expended during an activity to the rate of energy expended at rest.

Light-intensity aerobics defined as less than 2.9

Moderate-intensity aerobics defined as 3.0 to 5.9

Vigorous-intensity aerobics defined as 6.0 or greater

### LINE 8 - HEART

Displays heart rate in beats per minute (BPM), and is a feature available with the use of a POLAR®\* compatible and coded heart rate sensor device (not included). When a sensor device is not in use, a steady heart symbol with a number value of zero will be displayed.

## DISPLAY FEATURES

### BACKLIGHT SENSOR

In awake mode, the backlight sensor automatically detects ambient light levels. The backlight will turn on to increase readability in low light conditions.

### ODOMETER

For the first seven steps, the odometer will display the total distance traveled by the M7i, see Figure 13b. This feature is for diagnostic purposes only. After the first seven revolutions, the odometer will disappear and the current workout data will be displayed.

### WORKOUT DATA

Total Kcal, Steps, Watts, METs, and average Speed (Steps/Min) are viewable within 10 seconds after pedaling has stopped (NOTE: Heart Rate average available when using a heart monitor). The workout data will flash until pedaling resumes, however after 60 seconds of inactivity, the computer enters sleep mode and the data will reset.

### Bluetooth® SMART\* ENABLED

The Bluetooth® SMART\* enabled computer allows Bluetooth® SMART\* Ready devices such as cellphones, tablets, and computers to gather workout information. M7i compatible apps may allow data to be stored to track progress over time and make the data available to other wellness applications. Groups are able to utilize real-time performance tracking programs which give the entire group an opportunity to see their performance compared with others in the group.

Bluetooth®\* user notes: To receive and download workout information from your M7i, a machine ID number is required. The machine ID number you assign identifies your M7i for individual and in group Bluetooth\* discovery. The ID number is viewable within the first 10 revolutions (displayed as "id" and followed by any number 1 to 199, see Figure 13b). For Bluetooth®\* setup, see "Bluetooth® SMART\*" procedure on page 10.



Figure 13a. M7i Display Overview

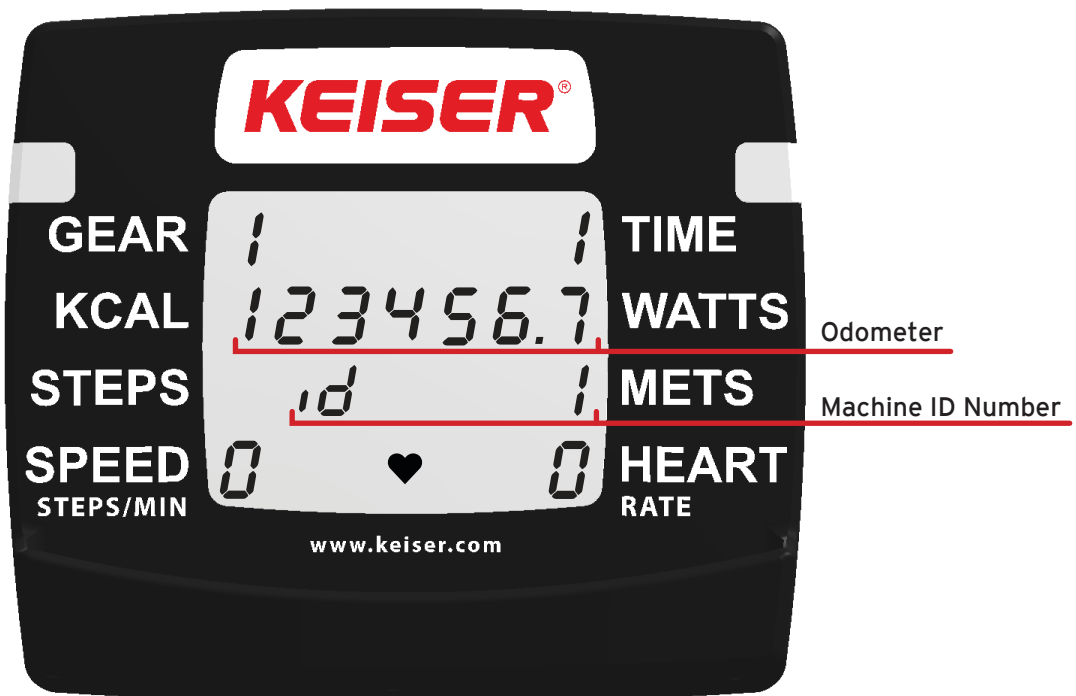


Figure 13b. M7i Odometer and Machine ID Number

Note: For the first seven steps, the odometer will display the total distance traveled by the M7i. This feature is for diagnostic purposes only. After the first seven revolutions, the odometer will disappear and the current workout data will be displayed.



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



# MAINTENANCE

## PREVENTATIVE MAINTENANCE SCHEDULE



**WARNING:** Equipment safety can only be maintained if it is regularly inspected for damage and wear. Immediately replace damaged, worn, or broken parts and do not use the M7i until all repairs have been completed and tested by a certified Keiser technician.

<b>Weekly</b>	<ul style="list-style-type: none"> <li>• Check to ensure that the M7i is in safe proper working order:                             <ul style="list-style-type: none"> <li>– M7i is leveled (refer to page 9, “Leveler” section).</li> <li>– Handles operate smoothly, (refer to page 11, “Adjustment Knobs” section).</li> </ul> </li> <li>• Check that parts most susceptible to wear are not damaged or broken:                             <ul style="list-style-type: none"> <li>– Handles, Grips, Adjustment Knobs, Recoiler Safety Straps, Footpads, and Foot Straps.</li> </ul> </li> <li>• Wipe all areas in the sweat path with a damp soft towel or cloth.</li> </ul>
<b>1st Month</b>	<ul style="list-style-type: none"> <li>• Check to ensure all external visible screws and nuts are not loose and that they are fastened tight.</li> <li>• Check for broken stitches or parts; torn, cut or frayed material; or locks, buckles, or hook and loop fasteners that do not hold securely.</li> </ul>
<b>Monthly</b>	<ul style="list-style-type: none"> <li>• Clean external surfaces using warm water and a soft cloth, especially around the areas that come in contact with sweat.                             <ul style="list-style-type: none"> <li>– Do not use household or industrial cleaners as they can destroy the paint finish.</li> <li>– For deeper cleaning, use only mild dish washing soap, followed by an automotive treatment such as Meguiar’s®* Quik Detailer Mist and Wipe.</li> </ul> </li> </ul>
<b>Biannually</b>	<ul style="list-style-type: none"> <li>• Check to ensure all external visible screws and nuts are not loose and that they are fastened tight.</li> <li>• Check Handles, Recoiler Safety Straps, and Foot Straps and replace if worn.</li> <li>• The low battery signal (“LO-BA”) will appear on the computer display when it is time to replace the batteries (two D batteries per M7i, refer to “Computer Battery Replacement” on page 17 for complete instructions). NOTE: For establishments with multiple M7i machines, replacement of all computer batteries at the same time is recommended.</li> <li>• Apply wax to protect the paint finish on metal parts:                             <ol style="list-style-type: none"> <li>1. Wipe down and thoroughly clean the M7i prior to applying wax.</li> <li>2. Use an easily applied automotive treatment such as Meguiar’s®* Quik Detailer Mist and Wipe.</li> <li>3. Target areas that come in contact with sweat as they are most vulnerable to rust.</li> </ol> <p>NOTE: Failure to apply a coat of wax to high-sweat areas at least twice annually will decrease paint and frame life due to corrosion and will void the warranty.</p> </li> <li>• Apply lubricant to the Adjustment Knobs:                             <ol style="list-style-type: none"> <li>1. Unscrew Adjustment Knobs from the Arm.</li> <li>2. Clean threads with a lint-free cloth.</li> <li>3. Apply a moderate amount of lubricant to the threads.</li> </ol> <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> </li> </ul>

Contact Keiser Customer Support for replacement part(s) order, or for any matters regarding the safe operation of your M7i, by telephone at 1559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.



## 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 battery compartment screw using a #1 Phillips screwdriver (refer to Figure 14). A flat, blunt object, such as a credit card may be used to pry the cover from the rear of the computer housing.
2. Remove the two D batteries (follow manufacturer's recommendations for handling, maintaining, and disposing of batteries). Install two new D batteries observing the correct polarity (see +/- marking inside the battery compartment).
3. Replace the battery compartment cover to the computer housing and reinstall the screw.



Figure 14. Battery Compartment Removal

NOTE: Upon end of life of your M7i, contact Keiser Customer Support at 1 559 256 8000 for handling direction. 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 CARDIO 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 at 1 559 256 8000 for the calibration procedure.

## 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 present appareil est conforme aux CNR d'industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisee aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioelectrique subi, meme 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.; 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

This Keiser M Series Cardio Equipment is warranted to the original purchaser, to be free from defects in materials and workmanship for the following period(s), starting from the date of original delivery as evidenced by the appropriate shipping documents. NOTE: Changes or modifications to your M7i not expressly approved by Keiser Corporation will void the warranty and the user's authority to operate the M7i.

### 3 Years

All Inclusive, excluding labor and wearable parts

### 6 Months

Wearable Parts: Handles, Grips, Adjustment Knobs, Recoiler Safety Straps and Hooks, Footpads, Foot Straps, and batteries.

## NOT COVERED UNDER WARRANTY

- Loss caused by accident, abuse, improper use or neglect.
- Improper maintenance.
- Improper assembly by the installer/purchaser.
- Failure to follow instructions as stated in the manual(s) provided with the Keiser M7i.

The use of any exercise equipment, including, without limitation, Keiser's strength training equipment in which resistance can be changed at anytime during the repetition, and any fixed gear bike, including, without limitation, the Keiser M7i Wheelchair-Accessible Total Body Trainer, without proper instruction and 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 machine before the flywheel stops may also be dangerous to anyone riding, especially anyone that does not recognize or respect the potential danger.

Therefore, users, agents, and/or anyone directing the use of the M7i shall determine the suitability of the M7i for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith. For proper instruction on the use of Keiser products, please refer to the user manual located at manuals.keiser.com, go to the Keiser website, or contact Keiser Customer Support at 2470 S Cherry Avenue, Fresno, CA 93706, by phone Toll Free: 800 888 7009 Direct: 1 559 256 8000, or by Fax at 1 559 256 8100.

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. Keiser Corporation shall in no event be liable for incidental or consequential losses, damages or expenses in

connection with its products. Keiser's liability hereunder is expressly limited to the replacement of parts not complying with this warranty or, at Keiser's election, to the repayment of an amount equal to the purchase price of the parts in question.

The warranty terms begin with the date of original delivery to be evidenced by appropriate shipping documents. Any alteration of the equipment so listed without express written consent of Keiser Corporation shall constitute a waiver by the buyer of this warranty. This warranty does not cover other brand name products distributed, but not manufactured by Keiser Corporation, which are subject to their respective manufacturer's warranties.

During the warranty period, warranted damaged, worn, or broken parts will be repaired or replaced at Keiser Corporation's discretion. Keiser Corporation is not responsible for labor charges incurred to remove the damaged, worn, or broken part and install the repaired part. All claims under the warranty must be in writing and authorization obtained from Keiser Corporation to return the damaged, worn, or broken parts for exchange. The customer is responsible for all transportation costs on warranted items to and from the point of manufacture. Replacement products are warranted for the balance of the original warranty period.

If you have any questions regarding M7i installation and/or operation after reading this manual, contact Keiser Customer Support:

☎ 1 559 256 8000  
@ service@keiser.com  
🌐 keiser.com/support

## IMPORTANT

**YOUR M7i MUST BE REGISTERED TO RECEIVE 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

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## CUSTOMER SUPPORT


If you have any questions regarding M7i installation and/or operation after reading this manual, contact Keiser Customer Support:

 1 559 256 8000

 [service@keiser.com](mailto:service@keiser.com)

 [keiser.com/support](http://keiser.com/support)

### **KEISER CORPORATION**

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