



M5i model with Media Tray

M SERIES

STRIDER ELLIPTICAL

M5i | M5 MODELS

ASSEMBLY AND OPERATION MANUAL

BECAUSE...
**'GOOD
ENOUGH'
ISN'T.**™

CONTENTS

03 — GENERAL INFORMATION

- 03_INTRODUCTION
- 03_RECORD YOUR SERIAL NUMBER
- 03_REGISTER YOUR PURCHASE

04 — IMPORTANT SAFETY INFORMATION

06 — EQUIPMENT SPECIFICATIONS

- 06_TRAINING SPACE

06 — ASSEMBLY

- 06_TOOLS AND MATERIALS REQUIRED
- 07_PARTS LIST
- 08_UNPACKING
- 09_ASSEMBLY 1 OF 3: TOP FRAME
- 10_ASSEMBLY 2 OF 3: COMPUTER DISPLAY
- 11_ASSEMBLY 3 OF 3: FINAL ASSEMBLY

13 — SET UP AND OPERATION

- 13_PRODUCT OVERVIEW
- 14_PROPER OPERATION CHECK
- 14_TRANSPORT
- 14_LEVELER FOOT
- 15_RESISTANCE LEVER
- 15_EMERGENCY BRAKE
- 15_HANDLEBAR HEIGHT ADJUSTMENT KNOB
- 15_FLYWHEEL AND FIXED GEAR SYSTEM

16 — COMPUTER DISPLAY

- 16_OVERVIEW
- 16_DISPLAY FEATURES

18 — M5i BLUETOOTH® SMART

19 — HOW TO EXERCISE ON THE STRIDER ELLIPTICAL

- 19_BODY POSITION
- 20_EXERCISE GUIDELINE
- 20_EXERCISE POSITIONS

21 — MAINTENANCE

- 21_PREVENTATIVE MAINTENANCE SCHEDULE
- 22_COMPUTER BATTERY REPLACEMENT
- 22_M SERIES CALIBRATION

23 — REGULATORY AND COMPLIANCE NOTICES

23 — WARRANTY STATEMENT

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GENERAL INFORMATION

INTRODUCTION

Congratulations on the purchase of your new Keiser M Series Strider Elliptical 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 Strider Elliptical. 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.

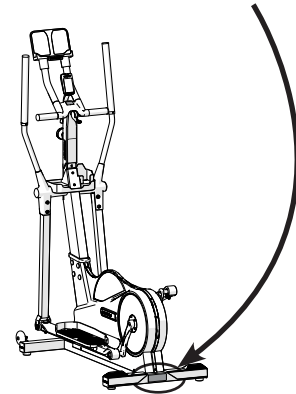
Yours in Health,
Keiser Corporation

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 Strider Elliptical 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 Strider Elliptical 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 M5i or M5 (herein referred to as "Strider Elliptical") 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: 350 lbs (159 kg). User height range: 58-82 inches (1473-2083 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 Strider Elliptical 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 Strider Elliptical. Quality athletic shoes are recommended for proper support and comfort. Do not wear clothing that might catch on any Strider Elliptical 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 Strider Elliptical affect the ability of the user to safely exercise on the Strider Elliptical. Pay attention to and focus on your exercise while using the Strider Elliptical.
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 Strider Elliptical 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 Strider Elliptical" (page 19) for further instruction and safety information.
14. The Strider Elliptical 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 Footpads—including the Handles—will also be in motion. For this reason, never remove your feet from the Footpads or your hands from the Handles/Handlebar while the Flywheel is in motion as serious user injury may occur. Never take your hands off the Handles or Handlebars while the Flywheel is in motion.
15. It is recommended that the Strider Elliptical 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 to a controlled stop prior to making adjustments.
18. Before dismounting the Strider Elliptical, 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 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 Strider Elliptical is not a toy. Children shall not play with the Strider Elliptical. Children under 14 years old should not use the Strider Elliptical. Keep children and pets clear from the Strider Elliptical at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
21. The Strider Elliptical 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 Strider Elliptical without constant supervision by a spotter/supervisor.
22. The Strider Elliptical should not be positioned in direct sunlight, in areas of extreme temperature and humidity, or where the Strider Elliptical may be splashed with water or fluids. The Strider Elliptical is intended for indoor use only.
23. The minimum amount of free area around the Strider Elliptical is 24 inches (610 mm) on all sides. Refer to the "Training Space" section (page 6) for further placement direction.
24. The Strider Elliptical is suited for both home and commercial use. To ensure your safety and to help prevent damage to the Strider Elliptical, 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 Strider Elliptical in a desired exercise location.

IMPORTANT SAFETY INFORMATION (CONTINUED)

- 25. Failure to perform the "Proper Operation Check" (page 14) prior to normal use of the Strider Elliptical 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 repetition, and any fixed gear bike, including, without limitation, the Keiser Strider Elliptical, 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 machine 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 Strider Elliptical shall determine the suitability of the Strider Elliptical 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 Strider Elliptical installation and/or operation after reading this manual, contact Keiser Customer Support:

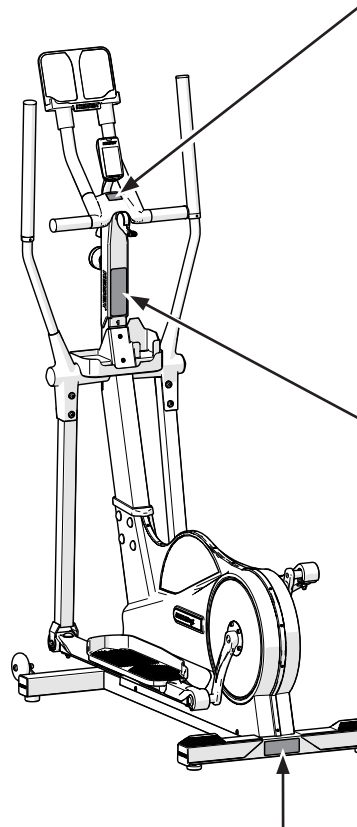
☎ 1 559 256 8000
 @ service@keiser.com
 🌐 keiser.com/support

CONVENTIONS USED

This Installation Instruction 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.**

- 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 the machine or remove hands from handles or remove feet from pedals until pedals have come to a complete stop.
- Maximum user weight limit: 350 lbs (159 kg)

565375

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 2470 S. Cherry Ave. Fresno, CA 93706

RoHS

MODEL: 005602XXX

SERIAL NO.: 888888-88888

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: 64 in (1,626 mm)
 Length: 51 in (1,295 mm)
 Length without Media Tray: 49 in (1,245 mm)
 Width: 23 in (584 mm)
 Weight: 127 lbs (58 kg)
 Weight without Media Tray: 126 lbs (57 kg)

Stride length: 13.5 inches (343 mm)
 User weight limit: 350 lbs (159 kg)
 User height range: 58-82 in (1473-2083 mm)

TRAINING SPACE

The minimum amount of free area space around the Strider Elliptical is 24 inches (610 mm) on all sides (refer to Figure 1). When Strider Elliptical equipment are positioned adjacent to each other, the free area may be shared.

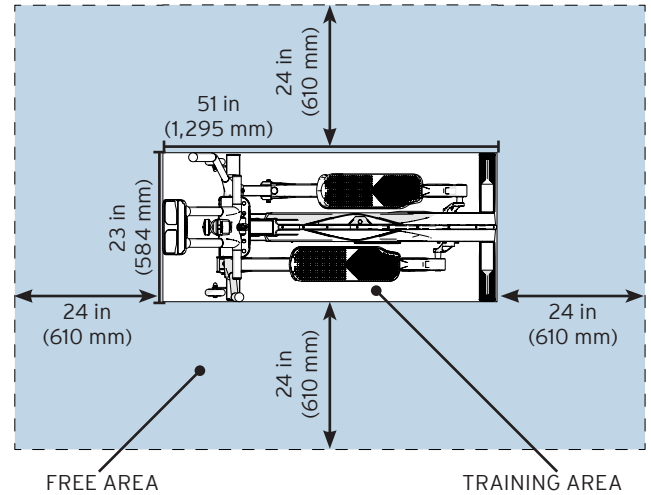


Figure 1. Training Space Illustration (M5i shown, M5 similar)











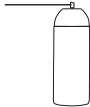
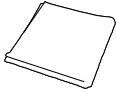
ASSEMBLY

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

- Remove the packing materials in the order listed in the "Unpacking" section (page 8).
- Place all parts in a cleared area and check for any damage or missing parts.
- Left-hand side parts are marked "L" or "Left" and right-hand side parts are marked "R" or "Right."
- 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.
- Keep the packing materials until you 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

- | | | | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |
| Safety Glasses | Safety Box Cutter | Scissors | 13 mm Socket and Ratchet | 13 mm Wrench | 11 mm Wrench |
|  |  |  |  |  |  |
| Torque Wrench (13 Nm/10 ft-lb - 23 Nm/17 ft-lb) | #2 Phillips Screwdriver | 6 mm Allen Wrench | 5 mm Allen Wrench | LPS 3® Rust Inhibitor or WD-40® Long-Term Corrosion Inhibitor | Clean Cloth |

PARTS LIST

Familiarize yourself with the parts below before you continue to the unpacking and assembly procedures.

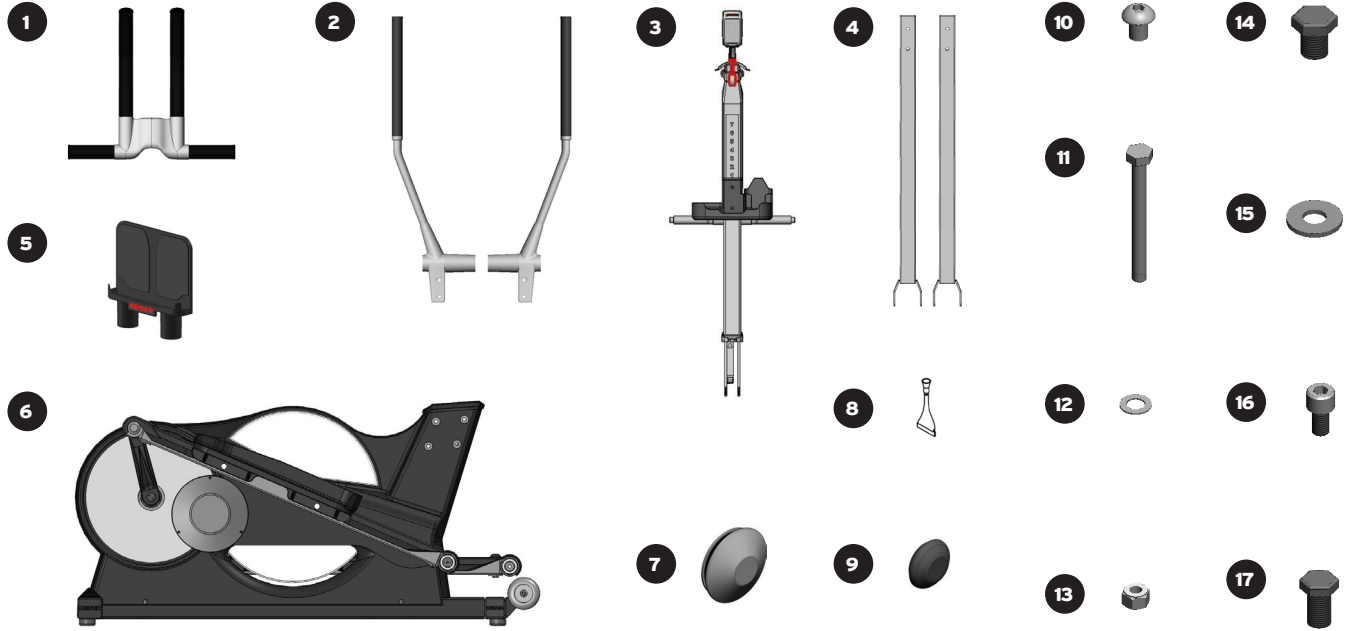


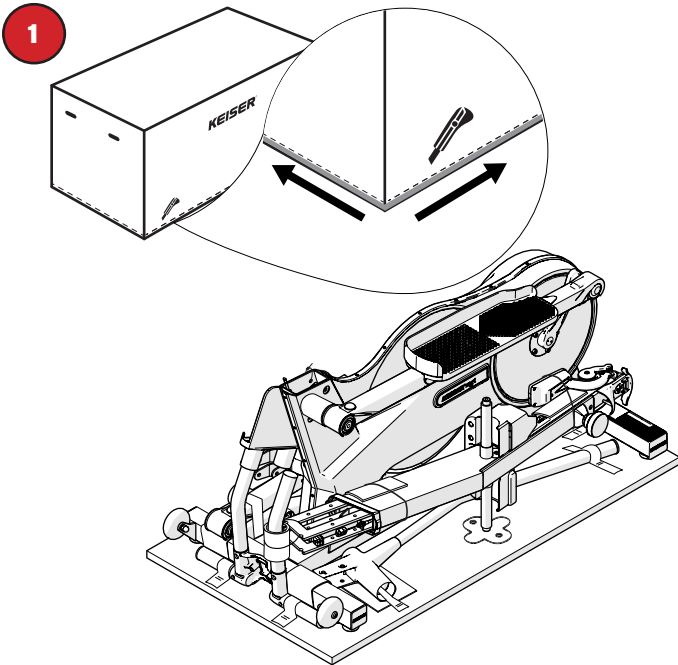
Figure 2. Parts List

	Description	Qty	Keiser Part Number
1	Handlebar Assembly	1	560809
2	Handles	2	560810
3	Top Frame with Computer Display	1	-
4	Hanger Pedal Mounts	2	560906
5	Media Tray (M5i standard, M5 optional equipment)	1	565063
6	Main Frame	1	-
7	Aluminum Caps (pre-assembled with O-rings)	2	565005
8	Loctite® 242 Threadlocker	1	105550
9	Rubber Bolt Cover	8	565058
10	Socket Button Head Cap Screw (M8X1.25X12 SS)	8	9515
11	Hex Head Cap Screw (M8X1.25X80 SS)	1	9518
12	Small Washer (ACFT 5/16 SS)	18	9369
13	Elastic Lock Nut (M8X1.25 SS)	1	9521
14	Hex Head Cap Screws (M8X1.25X10 SS)	8	9514
15	Large Washer (FW USS 5/16 ZP)	2	9344
16	Socket Head Cap Screw (M8X1.25X14 SS)	2	9504
17	Hex Head Cap Screw (M8X1.25X16 ZP)	2	9511

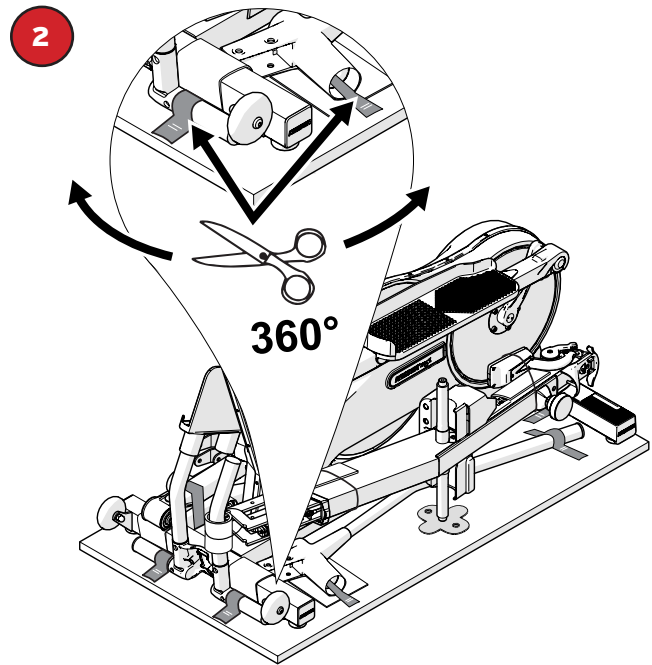
Damaged or missing parts? Contact Keiser Customer Support by telephone at 1 559 256 8000, online 24/7 at keiser.com/support, or by email at service@keiser.com.

UNPACKING

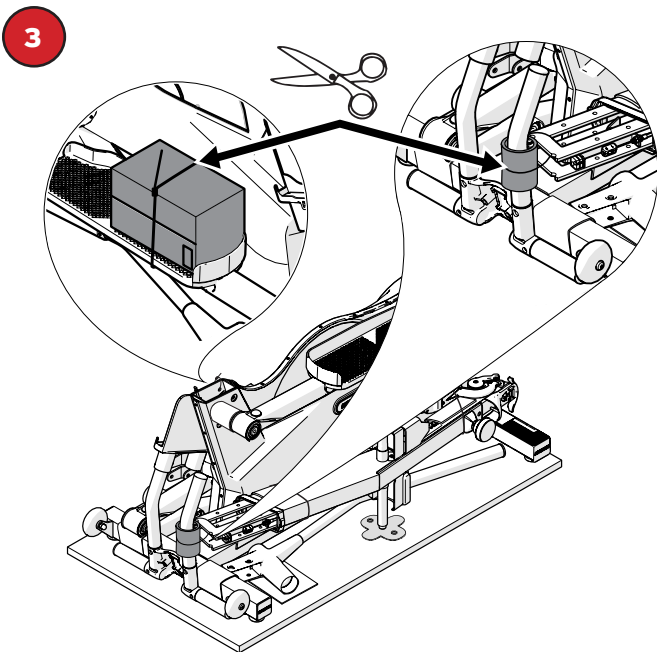
HEAVY OBJECT: Help required when lifting. Position the shipping box in a cleared area. Follow unpacking steps 1-4 below.



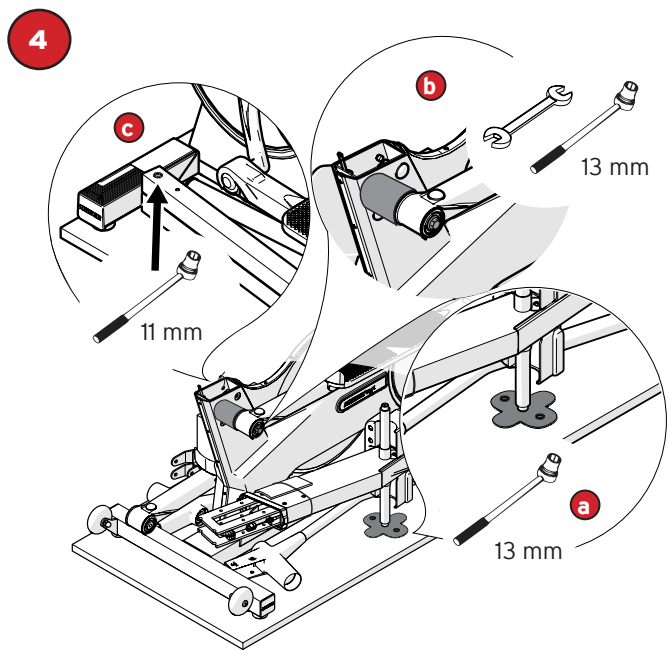
1. Open the Shipping Box by cutting along the dotted line using Safety Box Cutters.



2. Cut all the Straps that attach the equipment to the Shipping Box base using Scissors.



3. Release the Handlebars and the Loose Parts package by cutting the Cable Ties using Scissors.

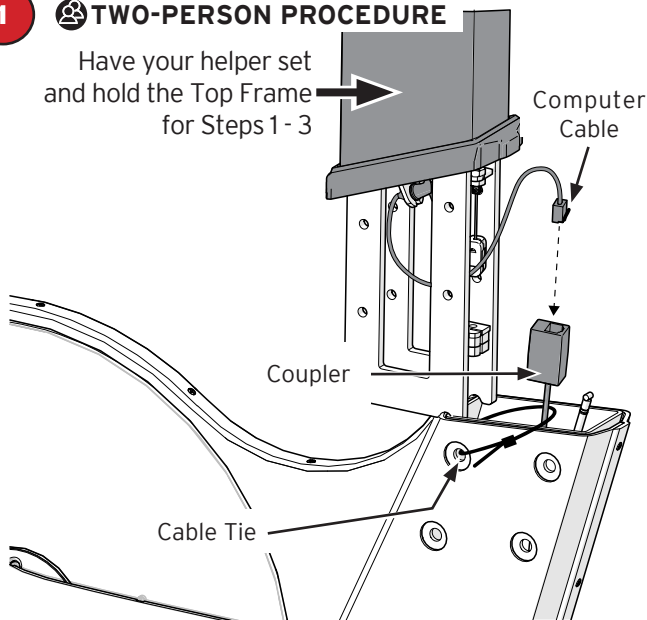


4. Release the (a) Top Frame from the wood base and remove the bracket from the Top Frame. Then, release the (b) Pedal Mount and (c) Pedal Hangers. Tools: 13 mm Socket and Ratchet, 13 mm Wrench, and 11 mm Wrench. Discard the bolts/washers and bracket, they are not required for assembly.

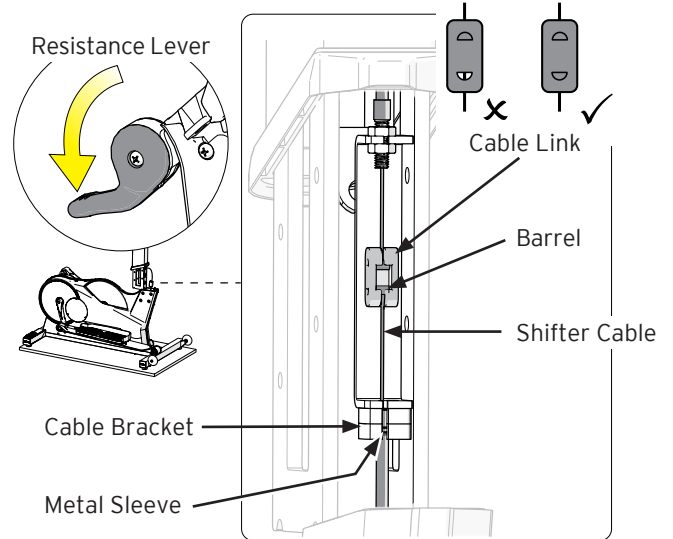
ASSEMBLY 1 OF 3: TOP FRAME

1  **TWO-PERSON PROCEDURE**

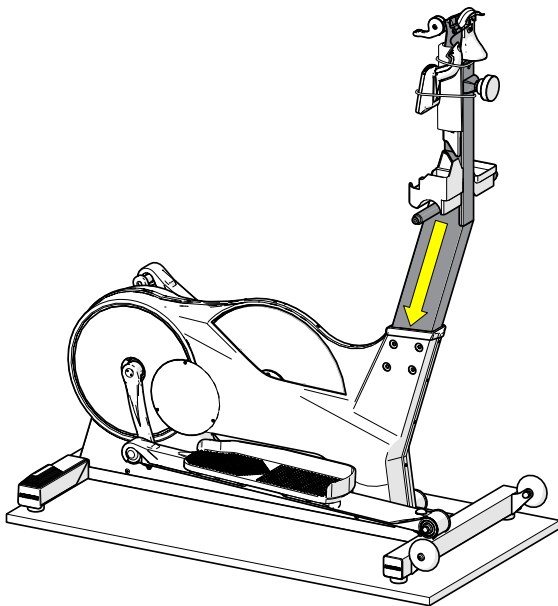
Have your helper set and hold the Top Frame for Steps 1 - 3



1. Connect the Computer Cable from the Top Frame to the Coupler of the Main Frame. Once connected, cut and remove the Cable Tie.

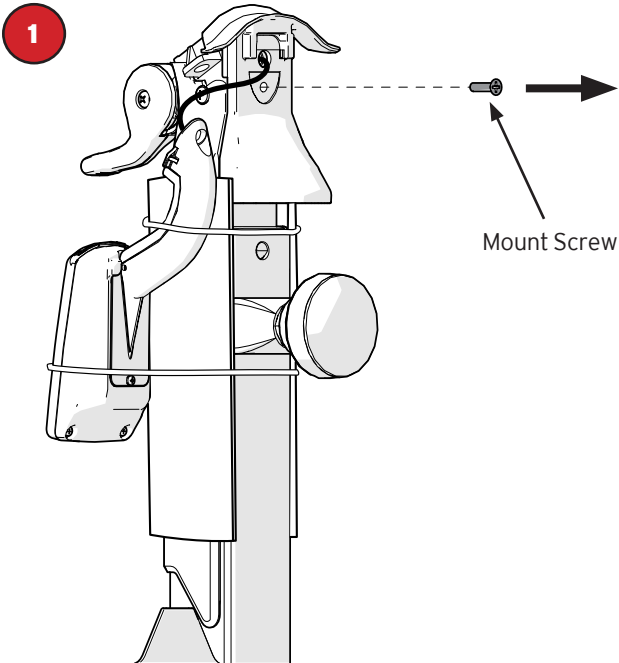
2

2. Set the Resistance Lever to the down position. Insert the Barrel of the Shifter Cable into Cable Link and snap into position. Insert the Metal Sleeve of the Shifter Cable into the Cable Bracket as shown. Check to ensure that the Barrel is visible through the side hole of the Cable Link.

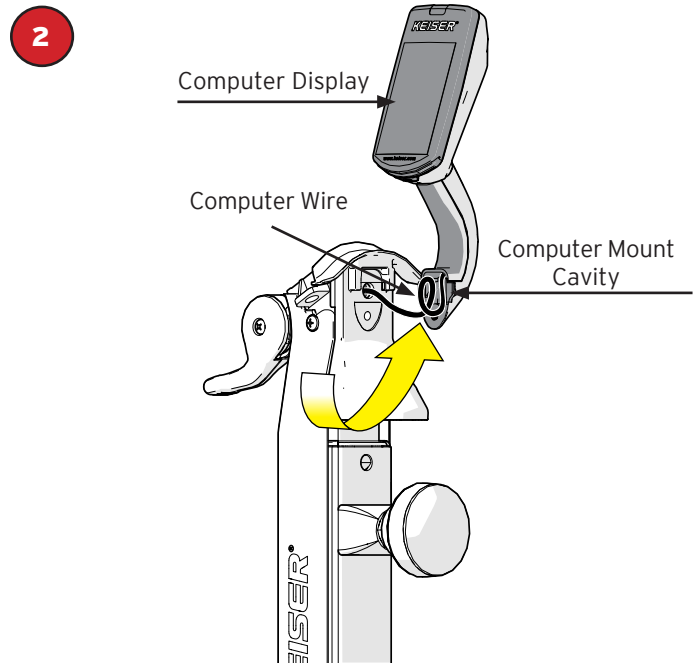
3

3. Insert the Top Frame into the Main Frame. Be careful not to pinch cables. **DO NOT INSTALL BOLTS.** The Bolts will be installed after the Computer installation has been tested.

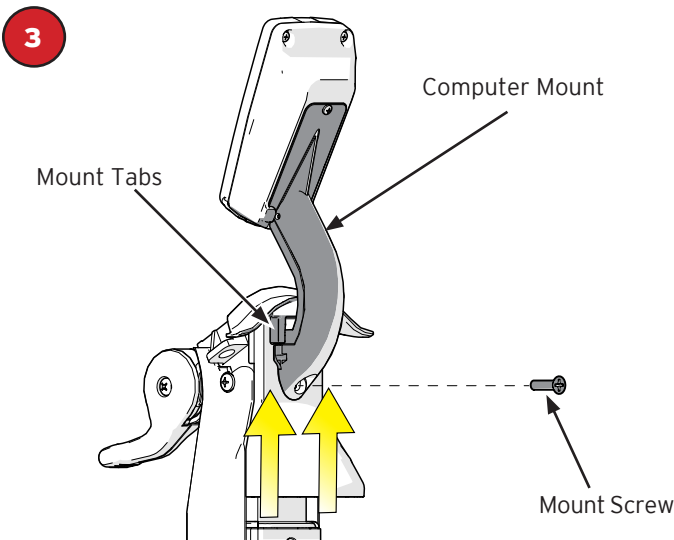
ASSEMBLY 2 OF 3: COMPUTER DISPLAY



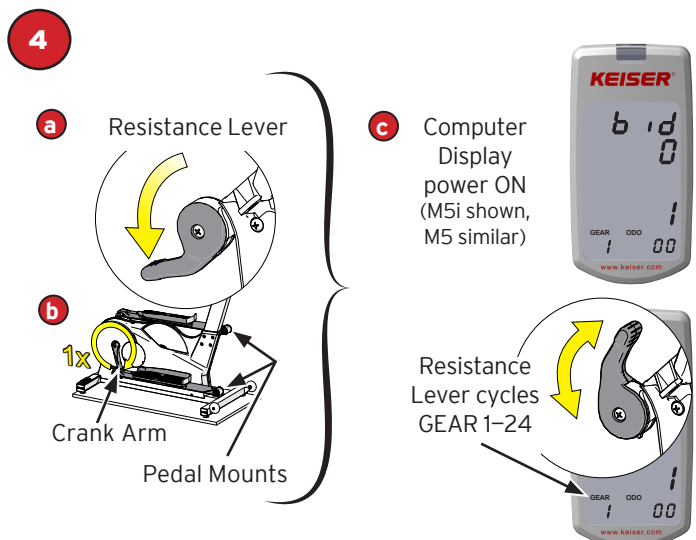
1. Remove the Computer Display Mount Screw using a #2 Phillips Screwdriver.



2. Remove the shipping material to release the Computer Display. Coil the Computer Wire into the Computer Mount Cavity. Avoid pulling or pinching the Computer Wire.



3. Slide the Computer Mount up and under the Mount Tabs. Align the screw holes and install the screw (removed in Step 1) using a #2 Phillips Screwdriver.

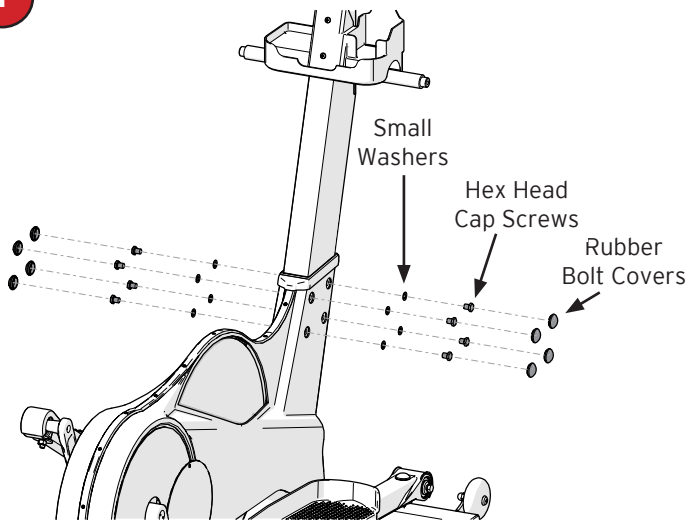


4. Resistance Lever and Computer Check:
 a. Begin with the Resistance Lever in the down position.
 b. While holding both Pedal Mount ends, rotate the Crank Arms one full turn.
 c. Check that the Computer Display powers ON and that the Resistance Lever cycles GEAR 1-24 (GEAR 88 = Emergency Brake).

If the Computer Display does not power ON, or if the GEAR does not read 1-24 and 88, check cable connections (see Steps 1-2 on page 9).

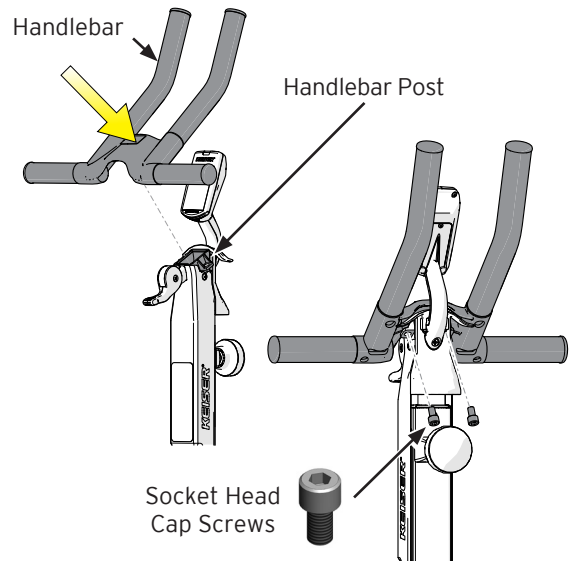
ASSEMBLY 3 OF 3: FINAL ASSEMBLY

1



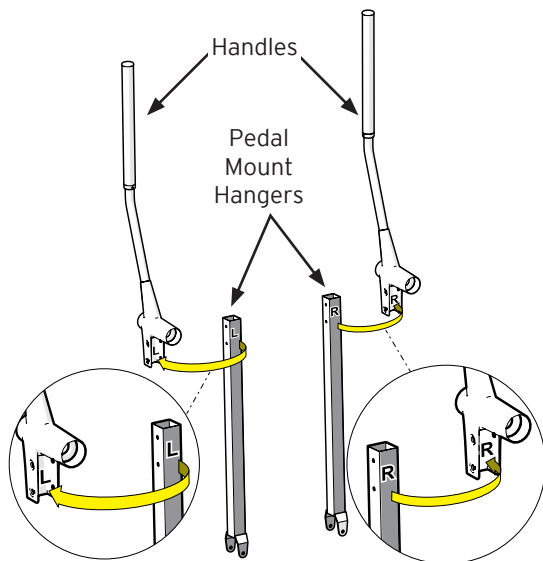
1. Secure the Top Frame to the Main Frame with eight Hex Head Cap Screws and Small Washers (Items 14 and 12) using a 13 mm Socket and Ratchet. Torque: 23 Nm (17 ft-lbs). Insert Rubber Bolt Covers (Item 9) into the holes of the Main Frame.

2



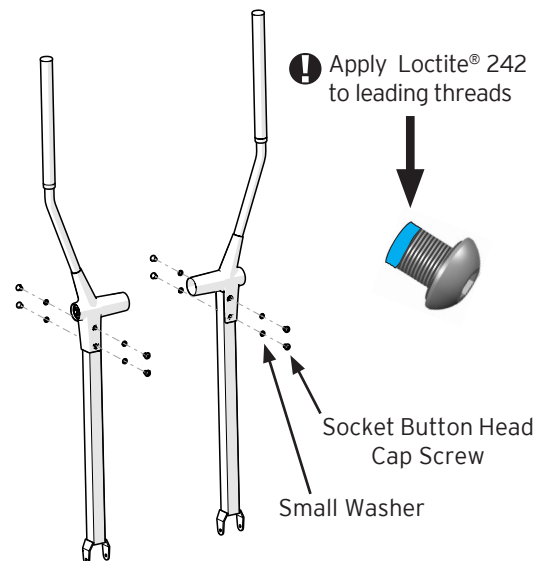
2. Handlebar Installation: Position the Handlebar onto the Handlebar Post. Align the screw holes. Start the two Socket Head Cap Screws (Item 16) by hand. Press down on the center of the Handlebar to properly seat the Handlebar onto the Handlebar Post. Use a 6 mm Allen Wrench to evenly tighten the screws.

3



3. Handles and Hanger Pedal Mounts Assembly: Observe "L" (Left) and "R" (Right) markings. Place Hanger Pedal Mount into the bracket of the Handle so that "L" markings face each other and the "R" markings face each other. NOTE: The Handles and Hanger Pedal Mounts are positioned correctly when the "L" and "R" markings are not visible.

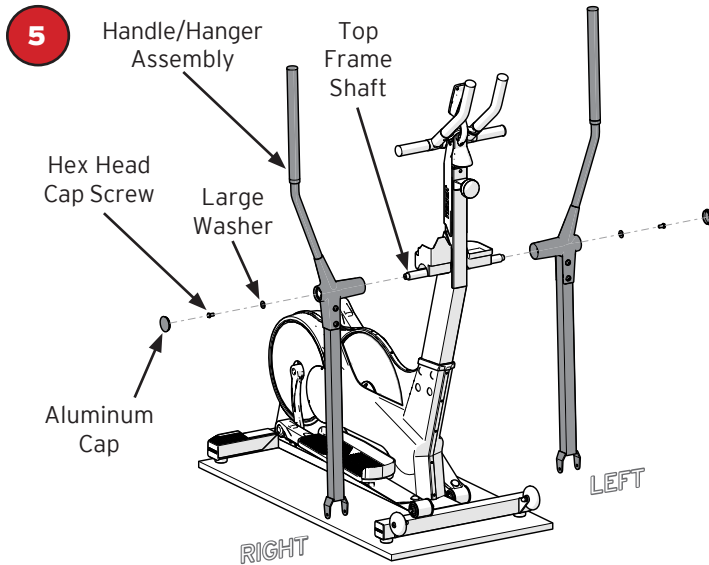
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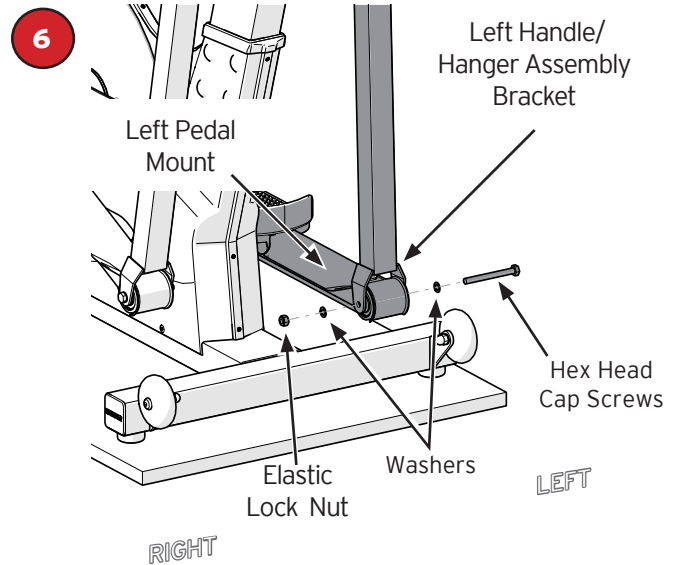
4. Secure the Handles to the Hanger Pedal Mounts:

- Place a Small Washer (Item 12) on a Socket Button Head Cap Screw (Item 10).
- ⚠ Apply a few drops of Loctite® 242 to the leading threads of the Screw, then start the Screw into the threaded hole, hand-tight.
- Repeat the steps above for a total of four Screws with Washers per Left and Right Handle/Hanger.
- Tighten all Screws (four per Handle/Hanger) in an "X" pattern using a 5 mm Allen Wrench.

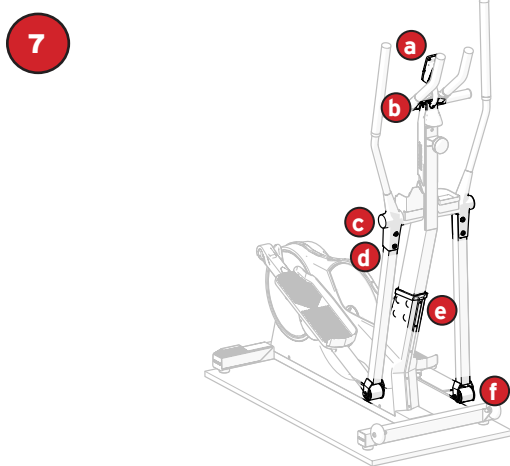
ASSEMBLY 3 OF 3: FINAL ASSEMBLY (CONTINUED)



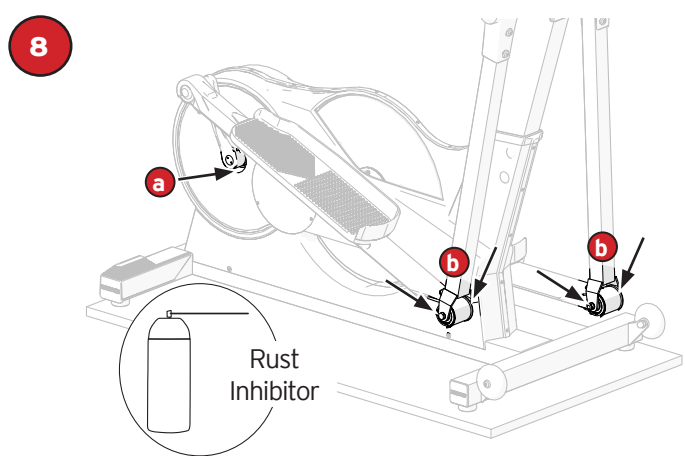
5. Attach the Handle/Hanger Assembly to the Top Frame Shaft with a Hex Head Cap Screw and Large Washer (Items 17 and 15) using a 13 mm Socket and Ratchet. Torque: 23 Nm (17 ft-lbs). Insert the Aluminum Cap (Item 7) into the Handle. Repeat step for the other Handle/Hanger Assembly.



6. Align the holes of the Left Handle/Hanger Assembly Bracket and the Left Pedal Mount. Insert one Hex Head Cap Screw with Washer (Items 11 and 12) through the screw holes, toward the Main Frame. Place a Washer (Item 12) over the end of the Screw and install the Elastic Lock Nut (Item 13) using a Ratchet with 13 mm Socket and 13 mm Wrench. Torque: 23 Nm (17 ft-lbs). Repeat this for the right-hand side (NOTE: The required hardware is attached to the Right Pedal Mount).



7. Final Assembly Checklist:
 - a. Computer Display is installed correctly and in working order.
 - b. Handlebar Screws tightened evenly.
 - c. Handle to Top Frame Screws, torque: 23 Nm (17 ft-lbs).
 - d. Handles to Hanger Pedal Mount Screws are tightened.
 - e. Top Frame to Main Frame Screws, torque: 23 Nm (17 ft-lbs).
 - f. Handle/Hanger Assembly to Hanger Pedal Mount Screws, torque: 23 Nm (17 ft-lbs).



8. Apply Rust Inhibitor:
 - a. Right Rear Bracket Bearing at the base of the Crank Arm.
 - b. Inner/outer Hanger Pedal Mount Bearings and Bolts.

To position the Strider Elliptical at the desired location, refer to the "Transport" section (page 14).

SET UP AND OPERATION

PRODUCT OVERVIEW

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

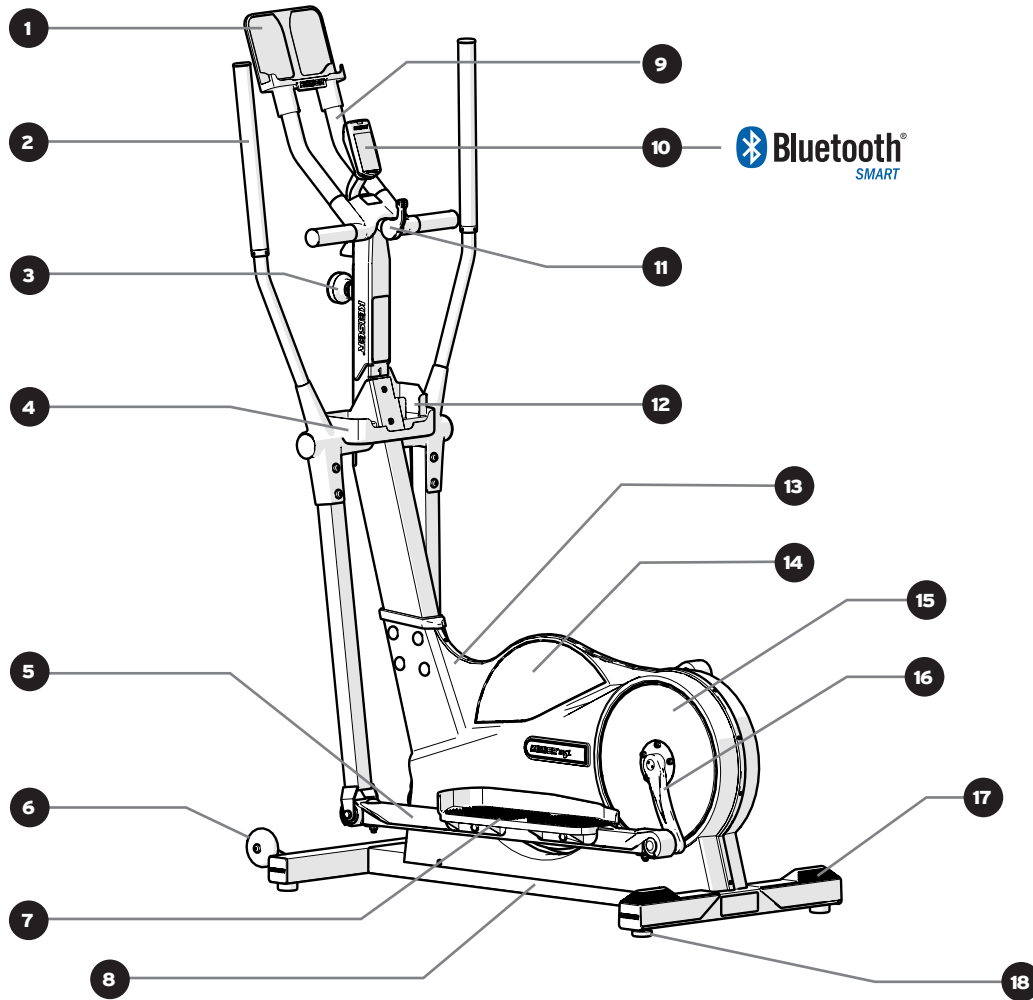


Figure 3. M5i Strider Elliptical shown (M5 similar)

1 Media Tray*	10 Computer Display with Bluetooth® SMART*
2 Moving Handlebars	11 Resistance Lever / Emergency Brake
3 Handlebar Height Adjustment Knob	12 Water Bottle Holder
4 Valet Tray	13 Sweat Guard
5 Pedal Mount	14 Flywheel
6 Transport Wheels	15 Pulley
7 Footpad	16 Crank Arm
8 Base	17 Stretch Pads
9 Stationary Handlebar	18 Leveler Foot

* Standard equipment on the M5i model

PROPER OPERATION CHECK

If all assembly requirements have been met, and you have read and understood the Important Safety Instructions, test ride the Strider Elliptical. Fine-tune and adjust the Handlebar height and Leveler Foot as needed. It is recommended that the Strider Elliptical be pedaled in the forward direction.

Strider Elliptical Proper Operation Check:

- All Screws are tightened or torqued properly (refer to "Final Assembly Checklist," page 12, Step 7).
- The Computer Display powers ON and that the Resistance Lever cycles GEAR 1–24 (GEAR 88 = Emergency Brake).
- Strider Elliptical is properly stabilized, level to the floor (refer to "Leveler Foot" section below).
- The Handlebar height is properly set (refer to "Handlebar Height Adjustment Knob" section, page 15).

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

TRANSPORT

To position the Strider Elliptical at the desired location refer to Figure 4 and follow the instructions below:

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

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

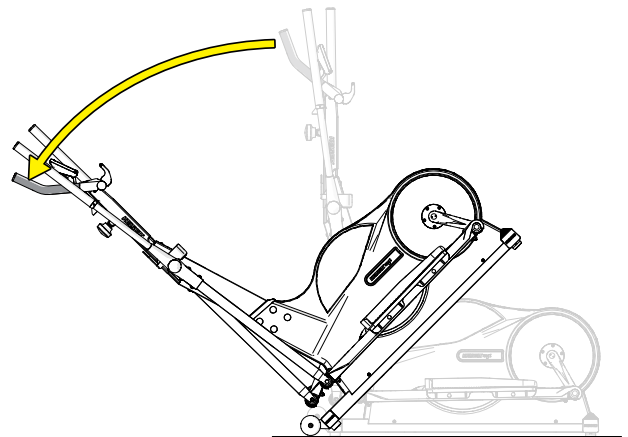


Figure 4. Transporting the Strider Elliptical

LEVELER FOOT

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

Adjust the Leveler Foot by slightly lifting the left rear base corner of the Strider Elliptical 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 Strider Elliptical should sit flat without rocking. Adjust and fine-tune the Leveler Foot as needed.

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

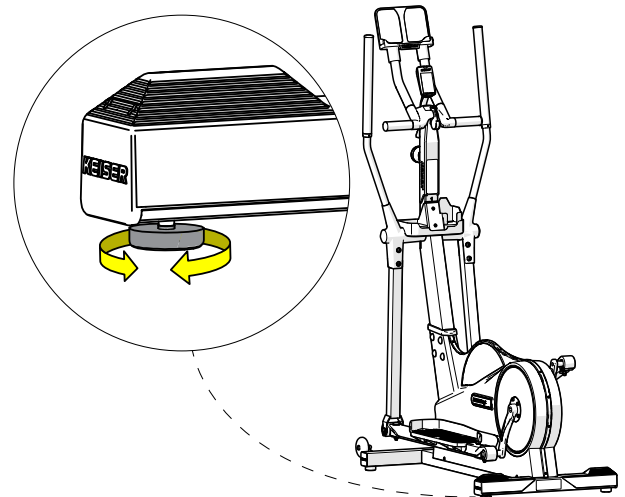


Figure 5. Leveler Foot Adjustment

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.

EMERGENCY BRAKE

Move the Resistance Lever to the most forward position to engage the Emergency Brake, refer to Figure 6. This will stop the motion of the Flywheel within one revolution. Wait until the Handles and Footpads come to a complete stop before dismounting.

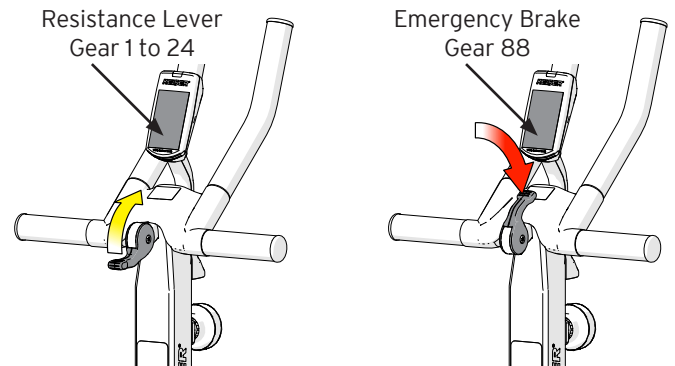


Figure 6. Resistance Lever and Emergency Brake Positions

HANDLEBAR HEIGHT ADJUSTMENT KNOB

The Handlebar Height Adjustment Knob allows for the vertical adjustment of the Handlebar in 1/2 inch (13 mm) increments. To set the Handlebar height, refer to Figure 7 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 Handlebar to the desired 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 Handlebar.

To reduce the potential for muscle strain, set the Handlebar so that the horizontal grip is generally at elbow height when standing on the Footpads. Fine-tune handlebar height for comfort.

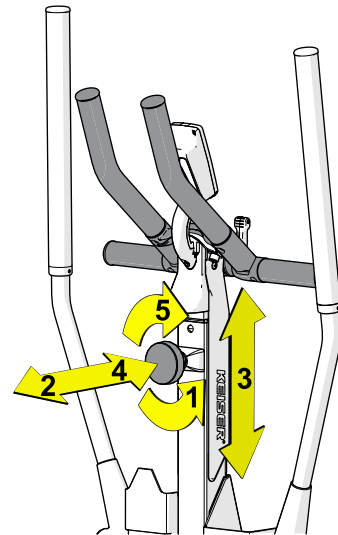


Figure 7. Handlebar Height Adjustment

FLYWHEEL AND FIXED GEAR SYSTEM

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

When the Flywheel is pedaled into motion, the Footpads—including the Handles—will also be in motion. For this reason, always keep your feet on the Footpads and your hands on the Handles/Handlebar 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 8.

Pedaling at high speeds or in the reverse direction 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.

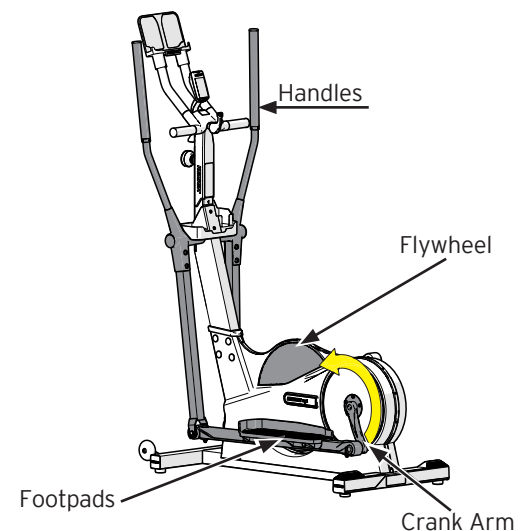


Figure 8. Crank Arm Direction Illustration

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. This is your stride rate, also referred to as the cadence of a runner.
- 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 participant 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 Strider Elliptical for the first eight seconds. This feature is for service and maintenance purposes only. After approximately eight seconds:
 - M5i** – 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).
 - M5** – The Odometer "ODO" will disappear and the Trip Distance will display for the remainder of the workout. On the M5, Trip is a calculated distance value (flat road run) based on power production.

DISPLAY FEATURES

M5i and M5 Models

WORKOUT DATA

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

M5i Model

INTERVAL TRAINING

To initiate an interval, starting from a high gear drop the shifter handle 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 striding has stopped are inclusive of all striding 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. M5i 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.

Note: To receive and download workout information from your M5i, a Machine ID number is required, which identifies your M5i for individual or group Bluetooth discovery. The Machine ID number is viewable within the first eight seconds (displayed as "bid" and followed by any number 1 to 150, see Figure 10). To assign a Machine ID to your M5i, see "Bluetooth® SMART" procedure on page 18.

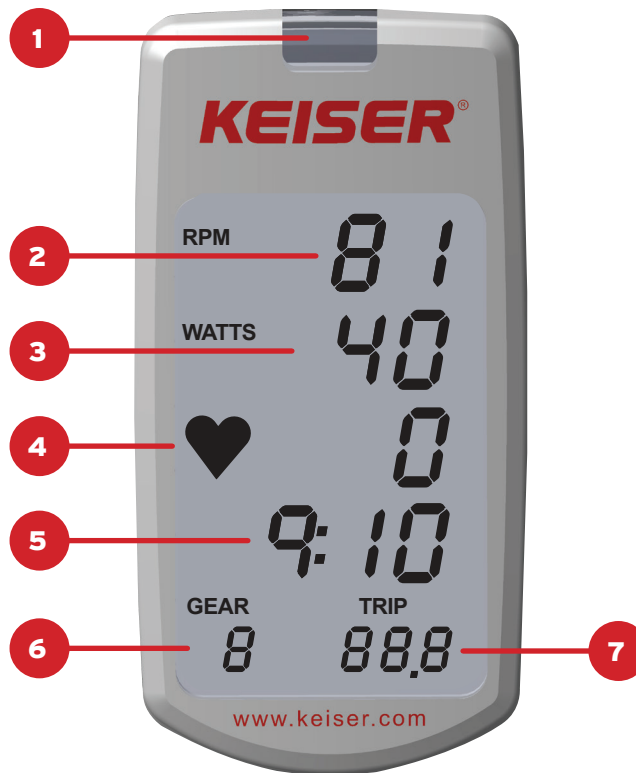
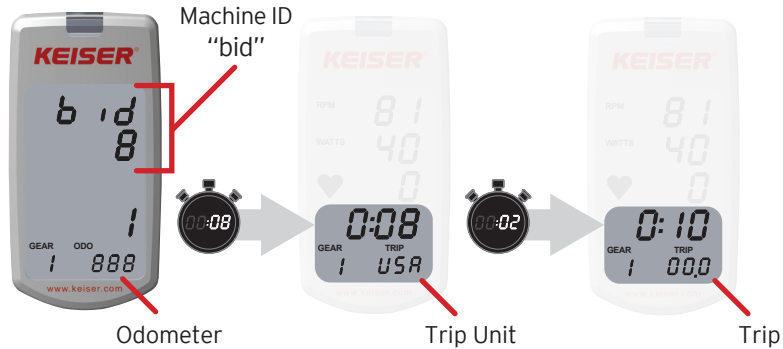


Figure 9. Computer Overview

M5i MODEL



M5 MODEL

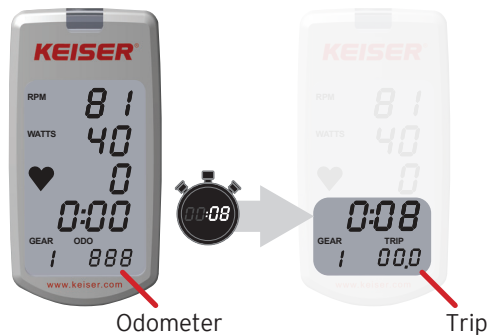


Figure 10. Computer Start-up Display

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

M5i BLUETOOTH® SMART

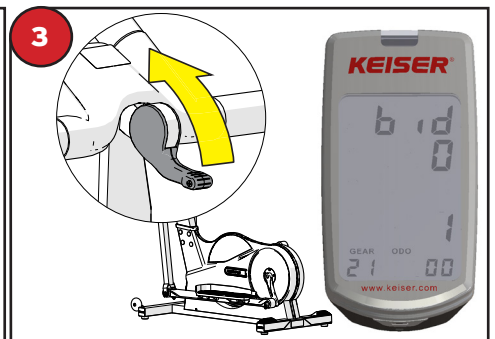
To receive and download workout information from your M5i to any Bluetooth® SMART device, a Machine ID number (displayed as "bid") is required. Perform the following one-time procedure to set both the "bid" and the Trip Unit (miles or kilometers) at once. NOTE: Steps 1 through 7 must be completed within one minute.



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



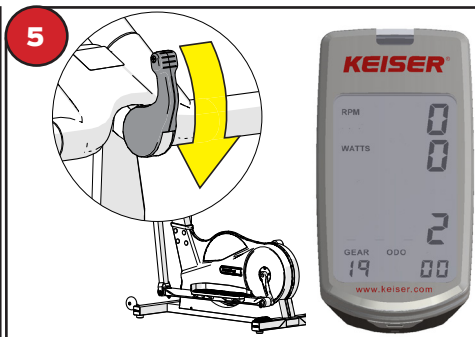
Pedal 1 full revolution to change the TIME value to "1".



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



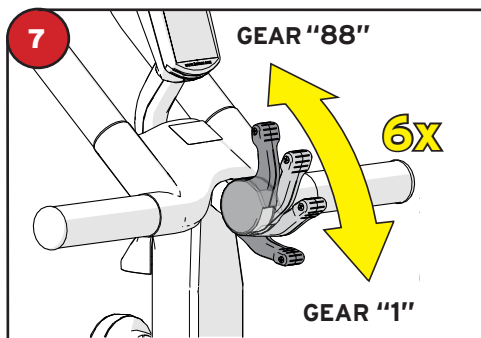
Pedal 1 full revolution to change the TIME value to "2".



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



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.

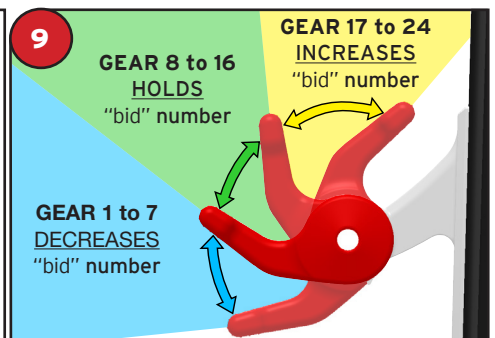


Confirm the Trip Unit setting:

- "USA" = miles
- "EURO" = kilometers

For Bluetooth® SMART setup, continue to Step 9. Otherwise, allow the computer to shut down before use (estimated time, one minute).

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.



Set Machine ID ("bid"):

- increases "bid" number
- decreases "bid" number

Set the "bid" number to any number between 1 and 199.

To hold the "bid" number, put to any GEAR number between 8 and 16.

NOTE: The computer must shut down to save the "bid" number and exit the Bluetooth® SMART set up mode. Allow the computer to shut down (estimated time, one minute) before use.

HOW TO EXERCISE ON THE STRIDER ELLIPTICAL

The Strider Elliptical is intended for cardiovascular, strength, and power conditioning exercise. The following Body Position and Exercise Positions sections are a brief overview for the safe operation of the Strider Elliptical.

BODY POSITION

1. HEAD AND NECK

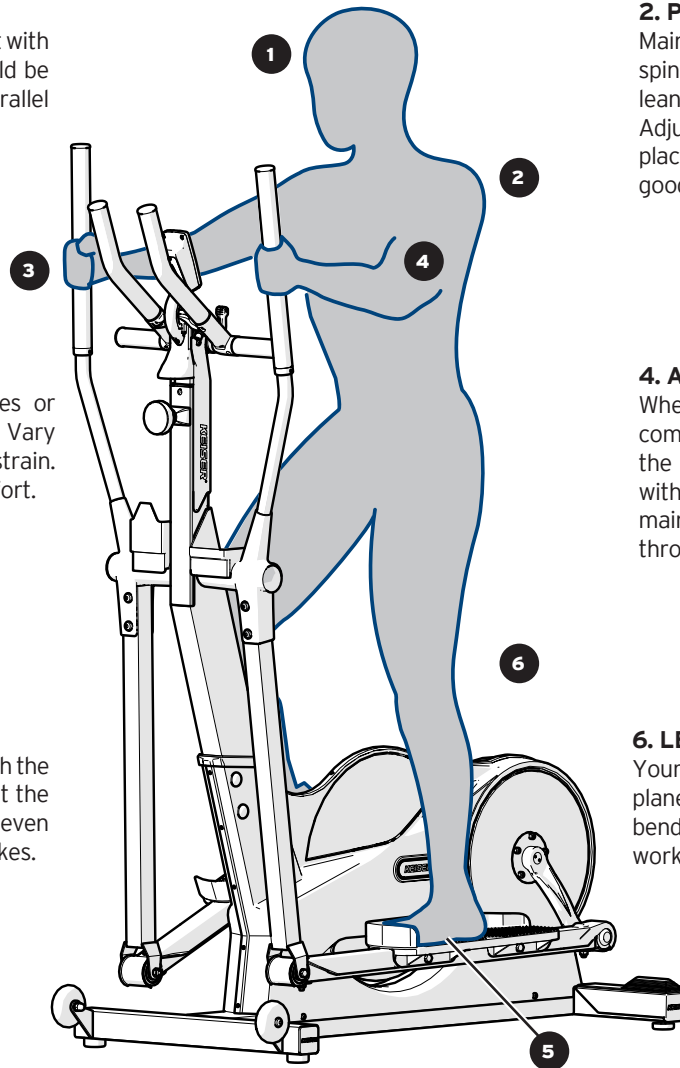
Keep your head and neck in alignment with your body. Your eyes and ears should be on the same horizontal plane and parallel with the floor.

3. HANDS

Ensure a firm grasp on the Handles or Handlebar throughout the exercise. Vary your handgrip to prevent muscle strain. Adjust the Handlebar height for comfort.

5. FEET

Position your feet on the Footpads with the toe end of your shoes resting against the front wall of each Footpad. Pedal at an even pace to maintain balanced pedal strokes.



2. POSTURE

Maintain the natural curvature of your spine to achieve proper posture. Avoid leaning forward or arching your back. Adjust Handlebar height, handgrip, and foot placement/stance to positions that support good posture.

4. ARMS

When using the Handles, maintain a comfortable range of arm motion, keeping the Handles in front of your body and within reach. When using the Handlebar, maintain a slight bend at the elbows throughout your workout.

6. LEGS

Your legs should be on the same vertical plane as the Footpads. Maintain a slight bend at your knees throughout your workout.

Figure 11. Body Position

Start Your Exercise:

1. Set the Resistance Lever Down, pedal one Footpad to the lowest position.
2. Grasp the Stationary Handlebar.
3. Step onto the Footpads, lowest Footpad first, then pedal.

End Your Exercise:

1. Bring the Strider Elliptical to a complete stop using the Handles/Footpads or the Resistance Lever/Emergency Brake.
2. Once a complete stop is reached, step off of the higher Footpad first, then the lower one.

⚠ WARNING: To prevent injury, never remove your feet from the Footpads while the Flywheel is in motion. Wait until the Flywheel comes to a complete stop before you attempt to step off of the Strider Elliptical. Keep the top surface of the Footpads 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 Strider Elliptical 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 12) engages the upper and lower body for cardiovascular and pulmonary endurance, as well as for strength and power conditioning.

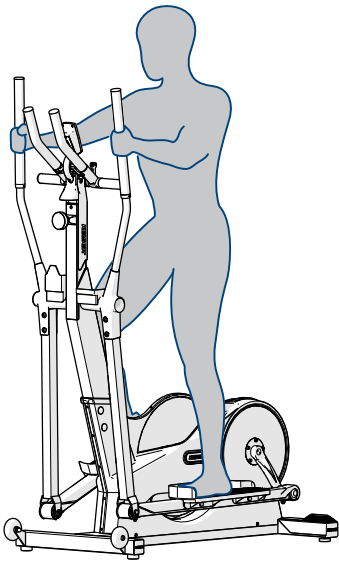


Figure 12. Total Body Training Exercise Position

Lower Body Training (Figure 13) focuses on the lower body muscle groups for a high-intensity cardiovascular exercise.

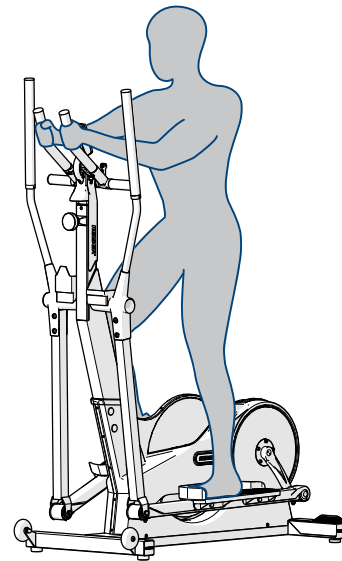
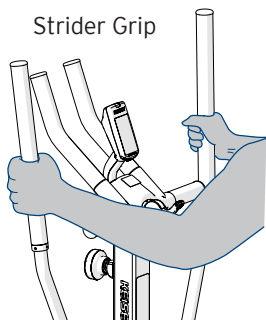
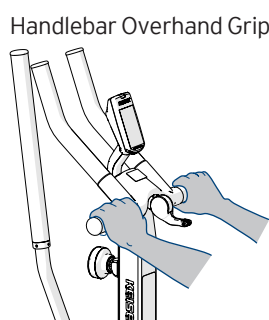


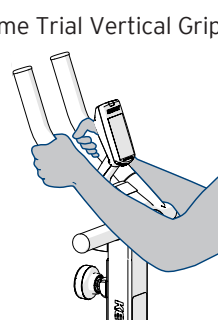
Figure 13. Lower Body Training Exercise Position



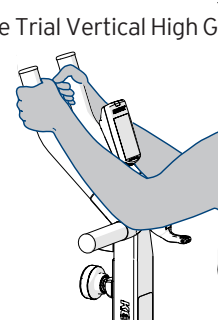
Strider Grip



Handlebar Overhand Grip



Time Trial Vertical Grip



Time Trial Vertical High Grip

Figure 14. Grip Positions

Combine resistance and intensity, along with varied time durations, for your desired cardiovascular, strength, and power conditioning. Remember: Take the time to pedal during cool down, and stretch after your workout.

M5i: Download workout averages to any Bluetooth® SMART device with an M5i 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 Strider Elliptical 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"> • Strider Elliptical is properly stabilized, level to the floor (refer to “Leveler Foot” section, page 14). • Check that parts most susceptible to wear are not damaged or broken (Handles, Grips, Adjustment Knobs, and Footpads). • Cleaning: Target areas in the sweat path with a damp soft towel or cloth.
<p>Weekly for the 1st Month</p>	<ul style="list-style-type: none"> • Check to ensure that the Strider Elliptical 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 (Handles, Grips, Adjustment Knobs, and Footpads).
<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 Strider Elliptical 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 that parts most susceptible to wear and replace if damaged or broken (Handles, Grips, Adjustment Knobs, and Footpads). • 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 Strider Elliptical machines, 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 Right Rear Bracket Bearing at the base of the Crank Arm and the inner/outer Hanger Pedal Mount Bearings and Bolts. • Apply lubricant to the Adjustment Knobs: <ol style="list-style-type: none"> 1. Unscrew Adjustment Knobs from the Arm. 2. Clean threads with a lint-free cloth. 3. Apply a moderate amount of lubricant to the threads. <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 battery compartment screw using a #1 Phillips screwdriver (refer to Figure 15).
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. Replace the battery compartment cover onto the computer housing and reinstall the screw.

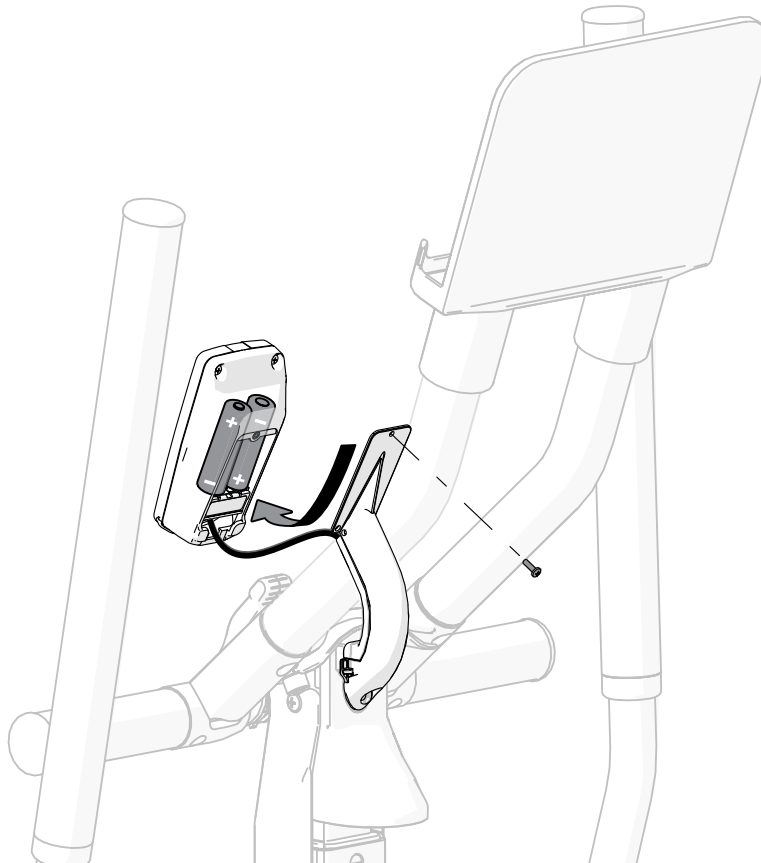


Figure 15. Strider Elliptical Battery Replacement

NOTE: Upon end of life of your Strider Elliptical, 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 Strider Elliptical installation and/or operation after reading this manual, contact Keiser Customer Support:

 1 559 256 8000

 service@keiser.com

 keiser.com/support

KEISER CORPORATION

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