

# THE M SERIES M3i INDOOR BIKE

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

**KEISER**<sup>®</sup>  
BECAUSE...  
**'GOOD  
ENOUGH'**  
ISN'T.<sup>™</sup>



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

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

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

...and we accomplished it all with

**THE SIMPLEST OF  
ENGINEERING DESIGNS.**

## SPECIFICATIONS

**HEIGHT**  
45" / 1143 mm

**WIDTH**  
26" / 660 mm

**LENGTH**  
49" / 1245 mm

**WEIGHT**  
85 lbs / 38.6 kg



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

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

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

**YOU** the rider

**YOU** the gym owner

**YOU** the service technician

**HERE'S HOW WE DID IT.**

**KEISER**<sup>®</sup>

# V-SHAPE FRAME

## MATCHES RIDERS OF ALL SIZES

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

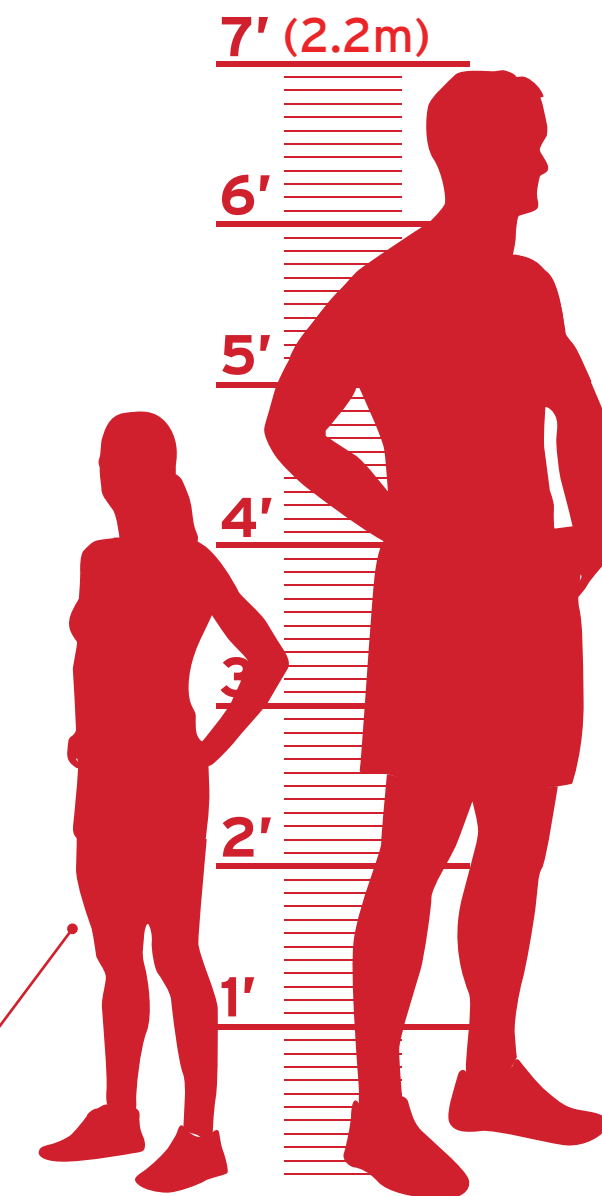
### FRAMES VARY TO ACCOMMODATE RIDERS OF DIFFERENT SIZES.

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



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

The M3i matches riders from 4'10" to 7' (1473 mm to 2233 mm) tall with a weight capacity of 350 pounds (159 kg).



# REAR-WHEEL DESIGN: MORE RELIABLE & BETTER PROTECTED

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

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



### Further protection of drive-train

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



### Less maintenance, longer bike life

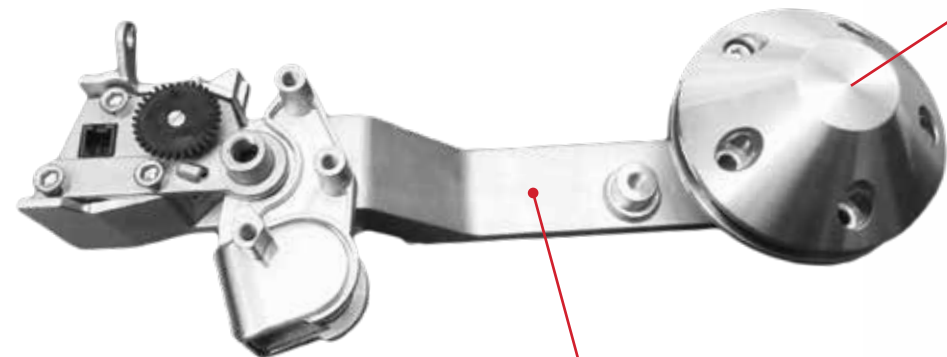
With superior sweat protection, gym owners can save money through lower maintenance costs and a longer bike life.

# GUARANTEED ACCURACY

BIKE AFTER BIKE AFTER BIKE...

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

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



## The nerve center of the M3i

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



## TRUE POWER READINGS

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



EN957-10

## IMMEDIATE RIDE DATA

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



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

## GUARANTEED CONSISTENCY

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



EVERY magnet



EVERY magnet yoke



EVERY magnet support



EVERY electrical component



EVERY axle



**KEISER**® *m3*

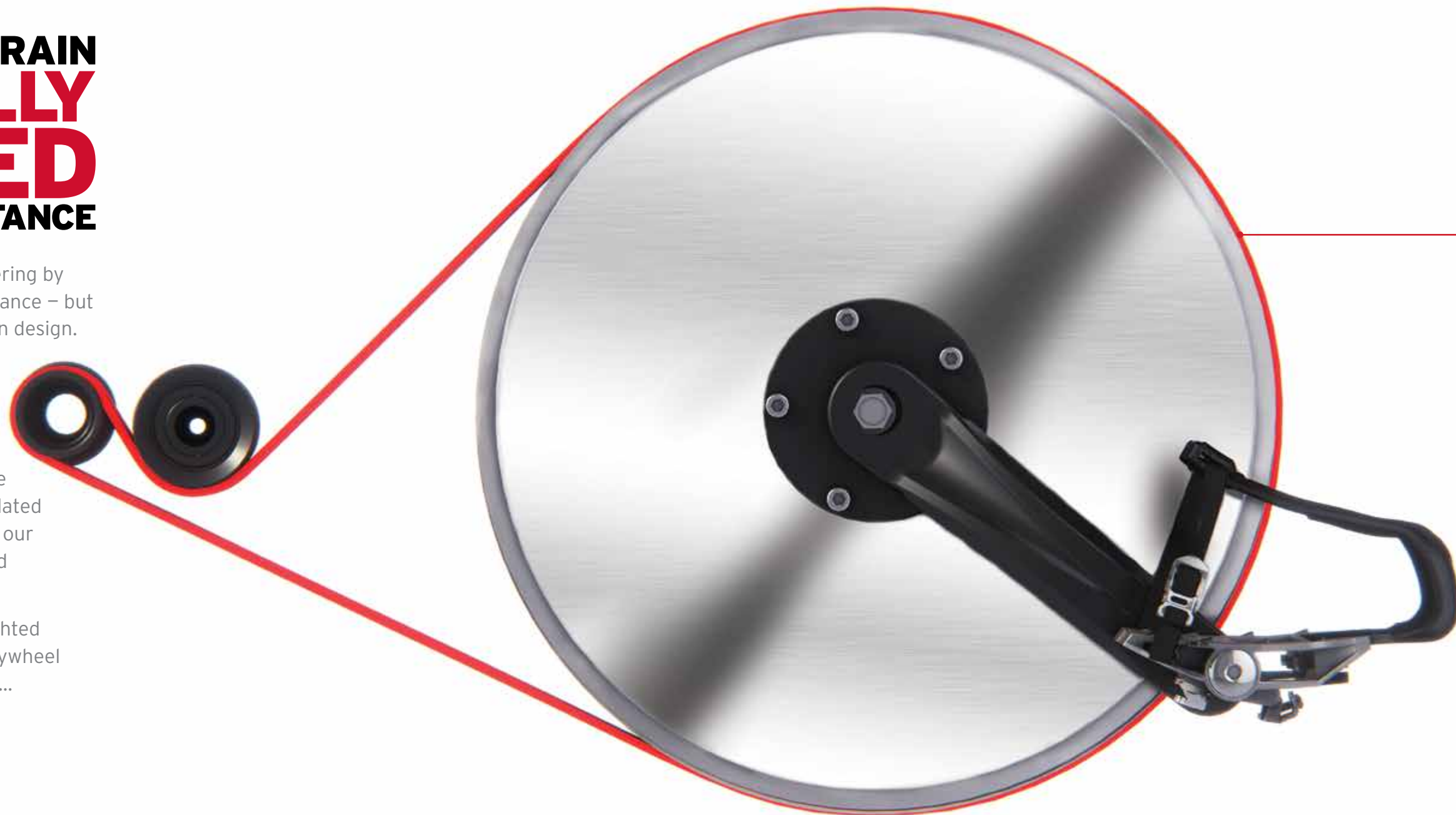
# THE FIRST DRIVE-TRAIN SPECIFICALLY DESIGNED FOR MAGNETIC RESISTANCE

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

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

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

**THEY DESIGNED THEIR BIKE WRONG.**



## QUIET, SMOOTH AND MAINTENANCE-FREE

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

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

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

### No required maintenance, zero adjustments

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

### The Poly-V belt is THE choice of automotive manufacturers

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



# CRANK ARMS DESIGNED TO FIT ANY RIDER

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

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



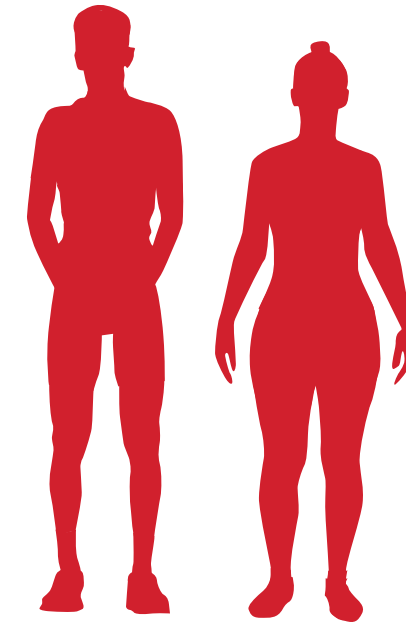
The straight crank arms on most indoor bikes are only designed for bike shoes and narrow pelvises.



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

## CURVED CRANK ARMS TO FIT WIDER HIPS AND BULKY SHOES

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



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



## THE REVOLUTIONARY KEISER M SERIES PEDAL

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

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



# GREATER COMFORT, LESS MAINTENANCE, EASIER TO USE

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

## Simplified maintenance

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



## Standard media tray

For holding cell phones and tablets.

## Easy access to shifter

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

## Water bottle holder

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



## Easy-to-adjust seat and handlebars

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

## Robust knobs

Requiring less maintenance than a traditional cam-lock.

## Easy to transport

Fewer parts and a lighter flywheel for ease of transport.

## Wide array of hand positions

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



## Stretch pad

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





# KEISER DIGITAL SYSTEM POWERS IDEAL WORKOUTS



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

#### FIRST COMPUTER TO SHOW POWER OUTPUT

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

#### BACK-LIT DISPLAY

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

#### NO BUTTONS

Eliminating inconvenience and a cause of wear and maintenance.

#### TRACK EVERY RIDE

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

#### RECORD EVERY DETAIL

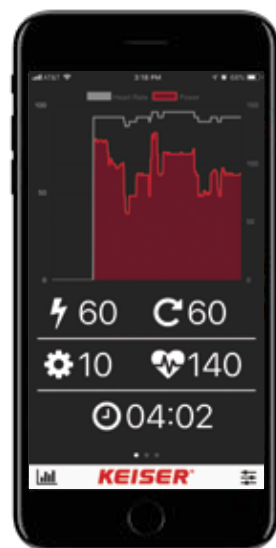
Download the Keiser M Series app to easily log every detail of your ride and see your progress.

## TRACK THE PATH TO FITNESS WITH OUR M SERIES APPS

As the FIRST bikes to offer Bluetooth® with open API, M Series bikes are able to communicate with group class projection systems while simultaneously syncing data to cycling apps on your smartphone or tablet.

#### M SERIES APP

For riders, our M Series app logs and analyzes every detail of your rides on Keiser M3i bikes to see your progress. The app also lets you access guided training programs developed by Keiser Master Trainers.



All Apps Available for Apple® and Android™ devices.



## KEISER INSTRUCTOR APPS TAKE INDOOR GROUP CYCLING TO THE NEXT LEVEL

Designed in conjunction with leading Keiser trainers and leveraging the same innovative thinking that makes our industry-leading M3i bikes so intuitive, the FREE Keiser apps are built to enhance rides and instruction with maximum functionality and ease of use.

#### M SERIES GROUP APP

Enables indoor group cycling class instructors to enhance their teaching capabilities with FTP testing, training and more, transforming classes into fun and fiery competitions that inspire riders and keep them coming back.

#### M SERIES INSTRUCTOR APP

Allows instructors to view all the Keiser M3i indoor bikes in a group class in a single list, with options to sort and view live data.



#### Team Challenge



#### Cadence Dials



# SMART DISPLAY ENABLED TECHNOLOGY

Keiser's **SDE** technology allows you to use your own phone or tablet screen to access your favorite training content.

## COMPATIBLE WITH VIRTUALLY ANY TRAINING APP OR VIDEO

**Optimize** rides at your home or health club. You choose an app. Keiser gets you connected. Enhance your workouts with endless app possibilities for the ultimate cycling experience.



Screen shown: BK00L



Screen shown: ImPowered



Screen shown: Spivi

# COMPATIBLE WITH ALL MAJOR PROJECTION SYSTEMS

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



# EDUCATION EMPOWERS RESULTS

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

## BECOME A CERTIFIED KEISER INSTRUCTOR

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

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

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



## GET KEISER EDUCATION ONLINE

Our online courses, available at [education.keiser.com/store](http://education.keiser.com/store), give you the same in-depth information as our in-person classes – but at your convenience.

### YOU'LL LEARN:

- The basics of Keiser bikes, including how to set up new riders adjust the resistance system and understand the metrics
- How to plan and lead effective, high-energy workouts
- Some of the most popular Keiser cardio class formats and drills



## REGISTER FOR TRAINING AT A GYM NEAR YOU

Our calendar for upcoming Keiser indoor group cycling courses and workshops can be found at [keiser.com/education/training](http://keiser.com/education/training).



Learn more online at  
[KEISER.COM/EDUCATION](http://KEISER.COM/EDUCATION)



# INNOVATION POWERS THE FUTURE

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

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



– Amazon.com (120+ reviews)

**"Best indoor cycle overall."**

– SmartMonkeyFitness.com

**"A beast when it comes to spin bikes."**

– BodyGearGuide.com

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

– Top Fitness Magazine

**WATCH THE VIDEO**

and learn more online at [keiser.com/M3i](http://keiser.com/M3i).



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

**KEISER**<sup>®</sup> | BECAUSE...  
**'GOOD ENOUGH' ISN'T.**<sup>™</sup>

 [Facebook.com/KeiserFitness](https://www.facebook.com/KeiserFitness)

 [@KeiserFitness](https://www.instagram.com/KeiserFitness)

 [@KeiserFitness](https://twitter.com/KeiserFitness)

 [@KeiserFitness](https://www.youtube.com/KeiserFitness)

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

© 2019 Keiser. All Rights Reserved. (V1\_3/19)