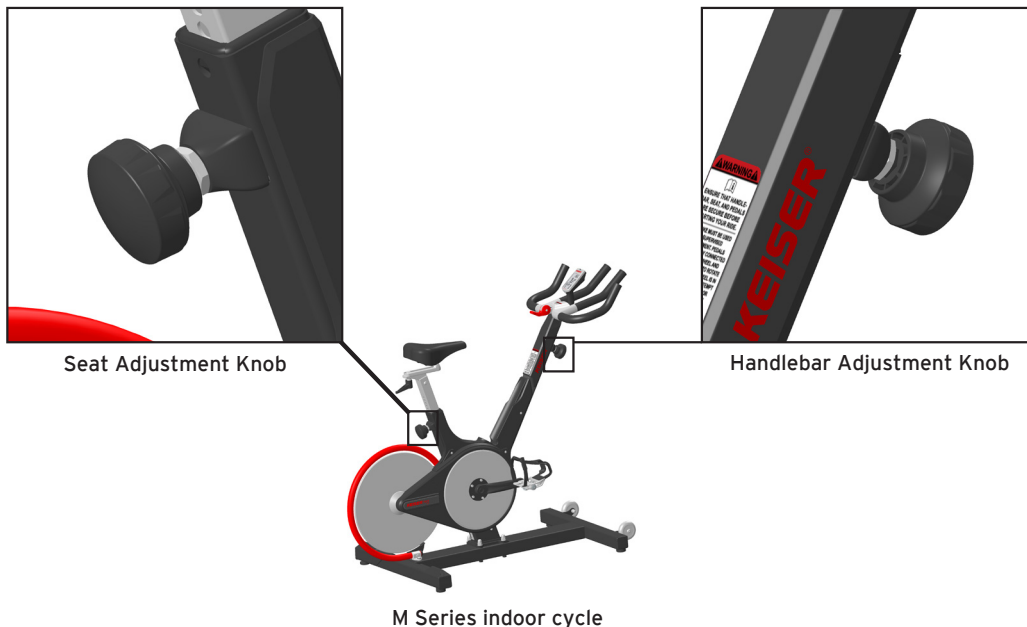
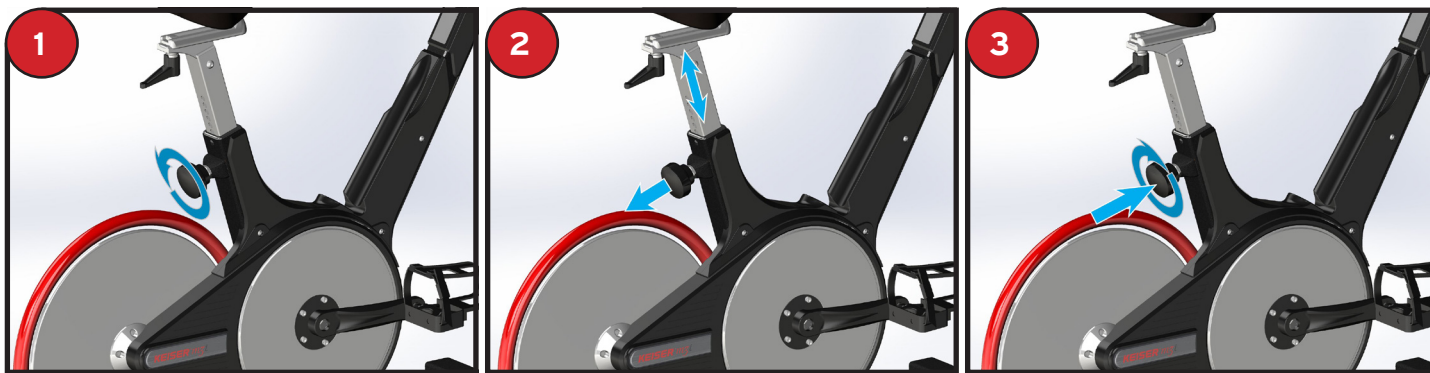


KEISER M SERIES SEAT AND HANDLEBAR HEIGHT ADJUSTMENT KNOB INSTRUCTIONS



WARNING: Always check Adjustment Knobs before exercise to ensure they are locked and tightened. Failure to follow seat/handlebar adjustment procedure may potentially result in personal injury and/or property damage. Ensure instructions are read and understood before exercise or seek help before use.

NOTE: The Seat Adjustment Knob is featured below. The Handlebar Adjustment Knob operates in the same manner.



1 Turn the Adjustment Knob approx. 1/4 to 1/2 turn counter-clockwise until it loosens.

2 Pull the Adjustment Knob out towards you. While holding the Adjustment Knob, raise or lower the Seat/Handlebar Post to reach the desired position.

3 Re-engage the Adjustment Knob, ensuring it locks into the desired hole in the Seat/Handlebar Post. Turn the knob clockwise until it is hand tight.

CHECK TO ENSURE THE SEAT/HANDLEBAR POST IS SECURE PRIOR TO EXERCISE.

There should be no movement in any direction.

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