

M SERIES

KEISER INTERACTIVE CYCLING

GROUP APP HOW-TO GUIDE



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

TAKE YOUR INSTRUCTION TO THE NEXT LEVEL WITH THE EASE OF AN APP

With FTP testing, team training, participant rankings and more, the **Keiser M Series Group App** allows indoor group cycling instructors to easily enhance their teaching capabilities and transform classes into competitions that inspire participants and keep them coming back for more. By following this How-To Guide for the app, instructors will be powering through more dynamic classes in no time.

GETTING STARTED

The M Series Group App is designed to be easily portable and simple to use, requiring only a smart phone, tablet or PC and a TV. As the industry's ONLY class tracking system to require no initial set-up or additional hardware or software, it can be up and running in just minutes.

TO START A CLASS, SIMPLY:

- 1 Open the M Series Group App on your smart phone, tablet or PC
- 2 Connect to the studio's TV wirelessly via Apple AirPlay or Miracast, or with a wired HDMI connection¹
- 3 The identical display that appears on the app will be projected onto the TV screen

A full workout session consists of three sections:

- The Warm Up
- The Main Workout
- The Cool Down

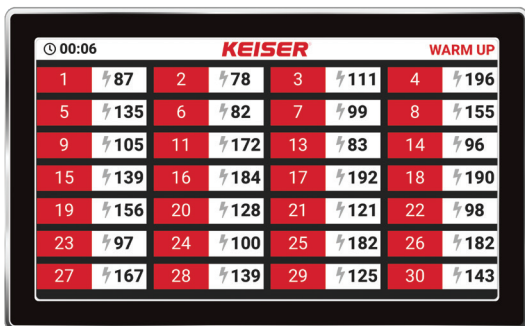


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¹For screen mirroring, Keiser recommends using a Galaxy Tab A 8" and a ScreenBeam Mini2 device for screencasting.

THE WARM UP

Once the M Series Group App is open, tap the Start button. The Warm Up section of the workout will begin with a timer displaying on the top left of the screen. The duration of the Warm Up is at the discretion of the instructor.



00:06		KEISER				WARM UP			
1	⚡87	2	⚡78	3	⚡111	4	⚡196		
5	⚡135	6	⚡82	7	⚡99	8	⚡155		
9	⚡105	11	⚡172	13	⚡83	14	⚡96		
15	⚡139	16	⚡184	17	⚡192	18	⚡190		
19	⚡156	20	⚡128	21	⚡121	22	⚡98		
23	⚡97	24	⚡100	25	⚡182	26	⚡182		
27	⚡167	28	⚡139	29	⚡125	30	⚡143		

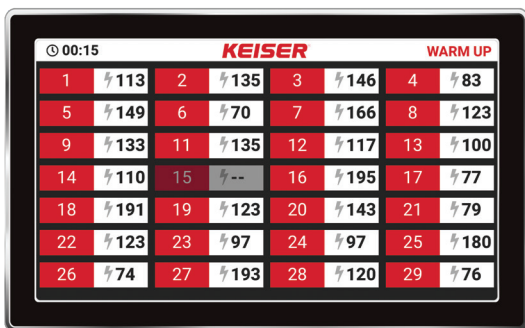
During the Warm Up, a list of detected Keiser Bluetooth®-enabled M3i Indoor Bikes or M5i Strider Ellipticals automatically populates on the app and is mirrored on the class projection screen. The Equipment ID numbers appear on the left side with

the corresponding participant's power outputs appearing on the right.

DATA DISPLAY OPT-OUT

If a class participant does not wish to have his or her data displayed on the projection screen, the instructor can deactivate the participant's equipment

from the screen simply by tapping and holding down the selected equipment number in the Warm Up box on the app. The equipment's number will become grayed-out to show that the participant will not be displayed during the Main section of the workout.

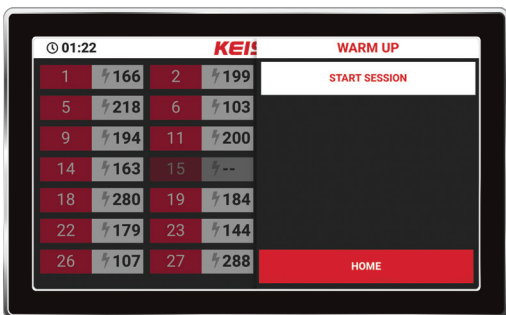


00:15		KEISER				WARM UP			
1	⚡113	2	⚡135	3	⚡146	4	⚡83		
5	⚡149	6	⚡70	7	⚡166	8	⚡123		
9	⚡133	11	⚡135	12	⚡117	13	⚡100		
14	⚡110	15	⚡--	16	⚡195	17	⚡77		
18	⚡191	19	⚡123	20	⚡143	21	⚡79		
22	⚡123	23	⚡97	24	⚡97	25	⚡180		
26	⚡74	27	⚡193	28	⚡120	29	⚡76		

To reactivate a piece of equipment, simply tap and hold again until its number returns to its original color. **Deactivation and reactivation can only occur during Warm Up.**

THE MAIN WORKOUT

To end the Warm Up and begin the Main Workout, simply tap or click anywhere on the screen to populate session controls. Tap Start Session from the session controls menu. A new timer on the top left of the screen will begin clocking the duration of the workout.



During the workout, instructors can tap anywhere on the screen to open the app's session controls, while another tap outside of the session controls will close it. Tapping the Home button at any time will also return you to your device's main page.

During the Main Workout, instructors have two options for displaying participants on the class projection screen:

RANKED OPTION

KEISER					RANKED						
Rank	ID	Watts	RPM	kJ	Rank	ID	Watts	RPM	kJ		
1	17	1192	79	156	48	15	9	1148	84	158	36
2	27	1192	83	158	48	16	22	1143	86	158	36
3	10	1190	88	156	47	17	28	1131	84	159	33
4	26	1191	90	158	47	18	14	1129	94	159	32
5	25	1188	78	158	47	19	6	1119	87	157	29
6	8	1186	78	159	47	20	5	1115	92	159	29
7	13	1188	84	159	46	21	7	1111	79	157	28
8	16	1186	81	159	46	22	24	1107	80	156	26
9	11	1181	89	157	45	23	19	1106	88	157	26
10	2	1162	87	161	40	24	23	1101	79	157	25
11	21	1157	85	158	39	25	1	1087	80	161	22
12	15	1151	81	158	38	26	3	1068	81	161	17
13	20	1148	76	157	37	27	18	1067	77	157	17
14	4	1148	85	155	37	28	12	1066	90	156	17

The Ranked option displays the participants' rankings from highest to lowest for energy, distance or Functional Threshold Power (FTP). The FTP ranking will only be shown if an FTP Test has already been performed during the workout session.

The Ranked option can be accessed through the session controls. At the top of the list is Rank By, which will change how participants are ranked and which metric to display.

UNRANKED OPTION

08:21					KEISER					UNRANKED				
ID	Watts	RPM	BPM	L1	ID	Watts	RPM	BPM	L1	ID	Watts	RPM	BPM	L1
1	149	96	154	24	1.0	15	126	93	153	42	1.3			
2	1273	97	154	44	1.3	16	1314	87	151	51	1.4			
3	1115	90	154	19	0.9	17	1322	88	147	53	1.4			
4	1250	97	147	41	1.3	18	1115	84	147	19	0.9			
5	1193	102	147	32	1.1	19	1777	95	151	29	1.1			
6	1200	99	152	33	1.1	20	1252	81	151	41	1.3			
7	1190	84	146	31	1.1	21	1263	96	157	43	1.3			
8	1317	83	149	52	1.4	22	1240	98	151	40	1.2			
9	1247	93	152	40	1.2	23	1169	83	154	27	1.1			
10	1323	102	148	53	1.4	24	1179	90	147	29	1.1			
11	1304	100	149	50	1.3	25	1320	83	150	52	1.4			
12	1111	100	152	18	0.9	26	1321	102	150	53	1.4			
13	1314	96	155	51	1.4	27	1322	95	152	53	1.4			
14	1216	108	154	35	1.2	28	1222	92	152	37	1.2			

When the Unranked option is chosen, the information displayed is shown by order of bike ID numbers (e.g., Bike #1, #3, #7, #9), not from highest to lowest scores as it does with the Ranked option.

FTP TESTING

Functional Threshold Power (FTP) is the highest amount of power that a participant can sustain for a set amount of time. The **FTP Test** allows individual participants to determine their average power based on a short threshold test. It is a timed test for which the instructor can use the full test time or may decide to end the test early. Regardless of the duration, instructors should encourage participants to cycle at their highest power output while maintaining a cadence between 80 and 90 RPM throughout the entire test.

04:50				KEISER				FTP TEST			
ID	Watts	RPM	BPM	ID	Watts	RPM	BPM	ID	Watts	RPM	BPM
1	131	81	186	15	224	86	187				
2	237	91	187	16	273	81	186				
3	100	83	188	17	282	83	187				
4	220	88	187	18	99	79	189				
5	169	96	186	19	154	89	186				
6	173	91	186	20	221	79	186				
7	166	81	188	21	230	89	186				
8	278	80	186	22	212	88	186				
9	217	86	187	23	147	80	187				
10	282	92	188	24	156	84	186				
11	268	92	187	25	281	81	188				
12	97	92	188	26	282	95	188				
13	274	87	187	27	283	88	188				
14	188	98	188	28	197	87	187				

- **To training using relative power, instructors must perform an FTP Test during each class.** FTP results from previous classes are not stored within the M Series Group App, but individual results can be stored on a participant's own M Series app.
- **To start the FTP Test,** tap anywhere on the app screen to bring up session controls and select the 5' or 20' (5-minute or 20-minute) FTP Test. For example, if an instructor prefers a 10-minute test, simply choose the longer option and stop at the 10-minute mark. During the test, only data pertinent to FTP Test is displayed (Bike ID number, power, cadence and heart rate). Participants are encouraged to pedal at the testing cadence range of 80-90 RPM, which has been built into the system for the test. Note that out-of-range cadence values are highlighted in red during the test.

FTP Test Results							
1	93w	2	170w	3	72w	4	156w
5	121w	6	124w	7	119w	8	199w
9	155w	10	202w	11	191w	12	70w
13	197w	14	135w	15	160w	16	196w
17	202w	18	71w	19	111w	20	157w
21	165w	22	152w	23	105w	24	113w
25	200w	26	202w	27	202w	28	140w

- **To end the FTP Test before the timer is done,** tap anywhere on the screen and select End FTP Test. Once the test is stopped, the Equipment ID number for each bike will be displayed along with the

participant's FTP values calculated based on the length of the test. Results are displayed until instructor taps anywhere on the screen to dismiss the stats.

- **Once the FTP Test is complete,** the M Series Group App uses the data collected and incorporates a built-in correction factor to determine each riders results. This data provides accurate and individualized power goals for each participant when riding at different intensities throughout his or her workout.

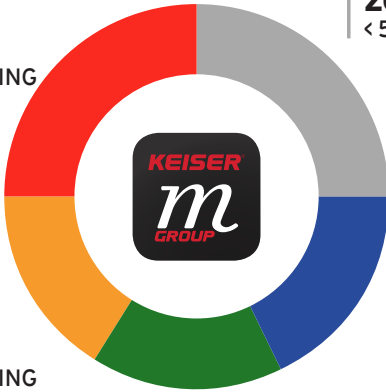
FTP ZONE DIALS

The FTP Zone Dials screen displays either Cadence (RPM) or FTP using colored intensity/power zones. To access the Dials screen from the home screen, simply open the session controls and choose Dials.

- **An FTP test must be completed for the FTP Zone Dials to display.** Otherwise, only Cadence will display. Each dial is colored differently to correspond with the cadence or FTP Zone of the participant.

ZONE 5
>106%
VERY
CHALLENGING

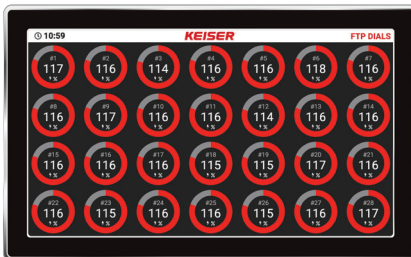
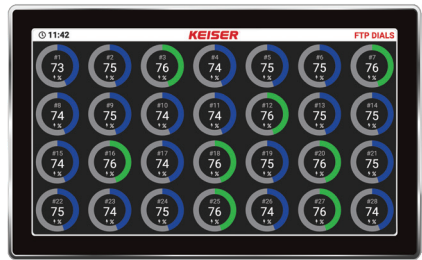
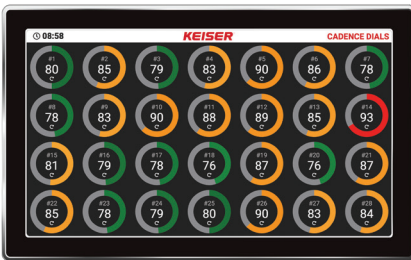
ZONE 1
< 50% | EASY



ZONE 2
55-75% | MODERATE

ZONE 4
91-105%
CHALLENGING

ZONE 3
76-90% | SOMEWHAT CHALLENGING



INTERVALS (TIMED SETS)

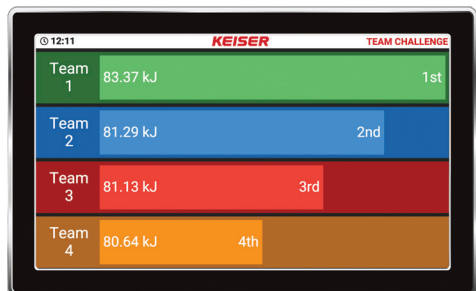
An Interval, also referred to as a Timed Set, can be performed when any screen is displayed on the M Series Group app. It is important to note that an interval tracked on the app is not the same as an interval on the bike.

- **Instructors can start or end an interval any time from the session controls.** At the beginning of each interval on the app, a new timer is set and the Main Workout session timer will automatically resume as soon as the interval is ended. The data shown during an interval is relative only to that interval, with the interval number displayed on the top left corner of the screen.
- **To end an interval,** simply tap on End Interval. A summary of the interval results will then display along with the participant's info, ranked based on energy or distance.

TEAM CHALLENGE

The Team Challenge can be accessed from session controls. This feature allows instructors to group participants into teams of two, three or four that can then compete throughout the workout and across intervals.

- **If an FTP test was performed,** participants will automatically be evenly distributed among teams based on their individual FTP results. The total number of teams defaults to four, but instructors can adjust that number to 2 or 3 teams at any time during the Team Challenge.
- **If no FTP Test was performed,** the computer evenly distributes participants among teams based on the average power calculated for each participant from the start of the Main session.



- Start an interval in Team Challenge to get new calculations and rankings for teams during that interval. When the instructor ends an interval on the Team screen, results displayed are based on an average of the team's data, not the data of individual participants. The instructor can dismiss these results by tapping or clicking anywhere on the screen.

THE COOL DOWN

A Cool Down can be started at any time during the Main Workout and last for any length of time. To start the Cool Down, simply tap anywhere to display the session controls and then select the Cool Down option. During the Cool Down segment, data collection will stop and the only information displayed is real-time power and cadence.

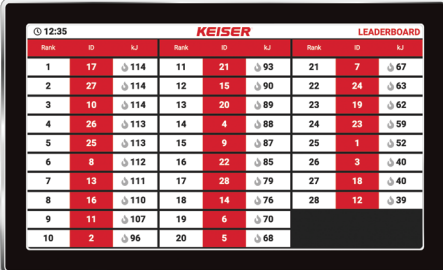
ADDITIONAL SCREENS

During the Cool Down, the instructor may go through any of the final ranking screens – Leaderboard, User Summary, Team Summary and Class Summary – at any time.

Leaderboard

The Leaderboard will display the overall rankings of the class for participants from the first- to last-place ranking based on energy or distance.

- Energy units may be changed to kilojoules (KJ) or kilocalories (Kcal) by tapping the screen and selecting “Rank By Energy” rather than “Rank By Distance”. Energy Unit displays underneath the “Rank By” row and units can be adjusted by tapping “KJ” or “KCAL”.
- Distance units may be changed to kilometers (km) or miles (mi) by tapping the screen and selecting “Rank By Distance” rather than “Rank by Energy”. Distance Unit displays underneath the “Rank By” row and units can be adjusted by tapping either “KM” or “MI”.



Rank			Rank			Rank		
ID	KJ		ID	KJ		ID	KJ	
1	17	↓ 114	11	21	↓ 93	21	7	↓ 67
2	27	↓ 114	12	15	↓ 90	22	24	↓ 63
3	10	↓ 114	13	20	↓ 89	23	19	↓ 62
4	26	↓ 113	14	4	↓ 88	24	23	↓ 59
5	25	↓ 113	15	9	↓ 87	25	1	↓ 52
6	8	↓ 112	16	22	↓ 85	26	3	↓ 40
7	13	↓ 111	17	28	↓ 79	27	18	↓ 40
8	16	↓ 110	18	14	↓ 76	28	12	↓ 39
9	11	↓ 107	19	6	↓ 70			
10	2	↓ 96	20	5	↓ 68			

12:44 KEISER USER SUMMARY

	Watts	RPM	RPM	kJ	Δ	Watts	RPM	RPM	kJ	Δ
1	115	83	163	82	Δ 2.3	15	199	87	163	Δ 90 Δ 2.7
2	212	91	163	96	Δ 2.8	16	244	84	163	Δ 110 Δ 2.9
3	89	85	164	40	Δ 2.0	17	251	84	163	Δ 114 Δ 3.0
4	194	90	162	88	Δ 2.7	18	89	81	163	Δ 40 Δ 2.0
5	151	97	163	68	Δ 2.4	19	138	91	163	Δ 62 Δ 2.4
6	155	92	162	70	Δ 2.5	20	195	79	163	Δ 89 Δ 2.7
7	188	81	162	87	Δ 2.9	21	205	91	163	Δ 93 Δ 2.7
8	246	81	164	112	Δ 2.9	22	188	92	163	Δ 85 Δ 2.7
9	193	88	163	87	Δ 2.7	23	190	81	162	Δ 59 Δ 2.3
10	251	96	162	114	Δ 3.0	24	140	85	163	Δ 43 Δ 2.4
11	227	94	163	107	Δ 2.9	25	249	82	163	Δ 113 Δ 2.9
12	87	94	163	39	Δ 2.8	26	251	96	163	Δ 113 Δ 3.0
13	245	90	163	111	Δ 2.9	27	251	90	163	Δ 114 Δ 3.0
14	167	100	163	76	Δ 2.4	28	174	88	164	Δ 79 Δ 2.6

User Summary

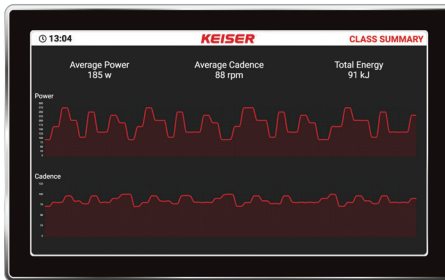
The Individual Summary is similar to the Unranked screen and displays average power, average cadence, average heart rate, total energy and total distance for each individual participant.

12:53 KEISER TEAM RESULTS

Team 1	1, 7, 10, 15, 16, 20, 28	91.2 kJ (1st)
Team 2	5, 11, 12, 22, 23, 25, 27	88.9 kJ (2nd)
Team 3	3, 4, 13, 14, 21, 24, 26	88.7 kJ (3rd)
Team 4	2, 6, 8, 9, 17, 18, 19	88.2 kJ (4th)

Team Summary

The Team Summary screen will be available only if a team screen was utilized at least once during the Main Workout. It will display the team rank and energy or distance data, depending on the option selected.



Class Summary

The Class Summary displays all of the class-related data, including average power, average cadence, and total energy. A graph showing average power and cadence is also displayed for the entire class.

ENDING THE WORKOUT SESSION

To end the session, tap anywhere on the screen and select End Session. This will reset and clear out all the data recorded from the workout and return to the home screen. NOTE: Once the session is cleared it cannot be undone.

GLOSSARY OF TERMS



Power

The rate at which the participant is performing work, measured in Watts (W).

Cadence

The speed at which the participant is pedaling (M3i) or striding (M5i) measured in revolutions per minute (RPM).

Heart Rate

The rate at which the participant's heart is beating, measured in beats per minute (BPM). Heart rate will only appear if they are wearing a 5KHz heart rate strap (Polar, MyZone, Activio).

Energy

The amount of work done over the session or interval, measured in kilojoules (kJ). The measurement calculates net calories and does not include basal metabolic rate.

Calorie Burn

The amount of calories burned over the course of the session or interval measured in kilocalories (kcal).

Distance


The amount of distance that has been traveled in the session or interval, and is measured in miles unless the bike is pre-set to display distance in kilometers.


Functional Threshold Power (FTP)


The highest amount of power that a participant can sustain for a set amount of time.

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'GOOD ENOUGH' ISN'T.[™]

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