ARE YOU READY TO TAKE A STAND?

Keiser, the company that revolutionized indoor group cycling, now brings you the next generation of group fitness and home workouts: the M5i Strider Elliptical Trainer.

- Low-impact and safe on the joints
- Lightweight with easy portability into your fitness studio or home
- Standing, whole-body workout to promote better posture and more efficient exercise
- Designed for users of all ages and fitness levels
- Small footprint and whisper-quiet mechanics

TAKE YOUR WORKOUTS TO THE NEXT LEVEL.

TOTAL BODY WORKOUT
Take the next step in cardio training with the heart-pumping, calorie-torching, joint-saving, easy-to-use M5i Strider Elliptical Trainer.

- **FULL BODY WORKOUT**
  Works upper and lower body simultaneously

- **BURN MORE CALORIES**
  Burn more calories than the average indoor group cycling class

- **EASY AND SAFER ON JOINTS**
  Doesn’t pound your joints like running on a treadmill or the road

HERE’S HOW WE DID IT.

SPECIFICATIONS

<table>
<thead>
<tr>
<th>SPECIFICATION</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEIGHT</td>
<td>63.5” / 161 cm</td>
</tr>
<tr>
<td>WIDTH</td>
<td>22.5” / 57 cm</td>
</tr>
<tr>
<td>LENGTH</td>
<td>49” / 124 cm</td>
</tr>
<tr>
<td>WEIGHT</td>
<td>131 lbs / 59 kg</td>
</tr>
</tbody>
</table>
M5i FEATURES

EASY TO TRANSPORT
With a more compact design than most other elliptical machines, the M5i Strider Elliptical Trainer is simple to maneuver and fits easily into any fitness studio or home.

If you love a cardio machine that invigorates instead of intimidates, you’ll love the M5i.

FITS EASILY INTO ANY FITNESS STUDIO OR HOME

MAXIMUM VERSATILITY
Maximum versatility allows for greater variety of exercises for a wider range of audiences.

Can accommodate users up to 6’10” tall and 350 lbs. Also, the footpads are big enough for large shoe sizes.

SHORTER STRIDE LENGTH
The M5i’s shorter stride length is more similar to walking than running so it’s easier on the joints.

SIMPLE FUNCTIONALITY
Just step on, grab the handles and go. With simple adjustments using the resistance shifter, the M5i is easy to operate and uses magnetic resistance technology for smooth striding movements.

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ENDLESS OPTIONS TO MATCH YOUR FITNESS LEVEL AND GOALS
You can train at a wide range of intensities on the M5i with 24 levels of resistance. Use the central control lever to select your chosen gear, which is indicated on the digital display screen.

Watch your progress mid-workout on the digital display screen.

Change your gear with ease using the resistance shifter, or press forward for emergency stop.

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DATA COLLECTION

The M5i digital display automatically activates when you begin striding so that you can monitor your entire workout.

KNOW MORE ABOUT YOUR OWN CARDIO WORKOUTS

The M5i also has Bluetooth® connectivity to allow you to interact with all Keiser apps and a wide-range of other training apps. Store your workout data and track your progress over time for even greater results.

ENHANCE WORKOUT DATA TRACKING, RECORDING AND COLLECTION

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MONITOR YOUR PROGRESS

M SERIES
Easily track and log every detail of your workout.

M SERIES GROUP
Enhance group elliptical training with projection capabilities, FTP testing and training.

M SERIES INSTRUCTOR
Allows instructors to view an individualized list of their group’s live fitness data.

GET THE KEISER M SERIES APPS

1. Cadence
2. Power Output/Calories Burned
3. Heart Rate
4. Duration
5. Distance
6. Gear Range 1-24

Power Output/Calories Burned
Heart Rate
Duration
Distance
Gear Range 1-24
Cadence
With everything you need right at your fingertips, these additional M5i accessories will simplify your workout.

1. Media tray
   for your cell phone, tablet or reading materials

2. Smart Display
   Enabled 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

3. Dual placement stationary handles

4. Separate storage tray
   for keys or other items

5. Easy-to-reach
   water bottle holder

6. Stretch pads
   on M5i base to facilitate pre- and post-ride stretching