THE M SERIES
M3i
INDOOR BIKE

HOW WE BUILT THE ULTIMATE MACHINE
FOR INDOOR GROUP CYCLING

KEISER
BECAUSE...
‘GOOD ENOUGH’ ISN’T.
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.

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  |
| WEIGHT  | 85 lbs / 38.6 kg |
| LENGTH  | 49” / 1245 mm |

Because... you are always our priority

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YOU the rider
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HERE’S HOW WE DID IT.
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’ (1,473mm to 2,233mm) tall with a weight capacity of 350 pounds (159kg).
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.

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

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.

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.

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.
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.

QUIET, SMOOTH AND MAINTENANCE-FREE

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 Poly-V 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 outdoor enthusiasts

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...
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.

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.

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.

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.

See how we reimagined our bike pedal at KEISER.COM/PEDAL

THE ONLY BIKE TO ACCOMMODATE ANY BODY SHAPE AND FOOTWEAR
**THE DETAILS**

**Easy-to-adjust seat and handlebars**
Quick, intuitive vertical and horizontal adjustments of seat and handlebars.

**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.

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

**Standard media tray**
For holding cell phones and tablets.

**Easy to transport**
Fewer parts and a lighter flywheel for ease of transport.

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

**Robust knobs**
Requiring less maintenance than a traditional cam-lock.

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

**Water bottle holder**
Incorporated into frame design and fits both small and large sizes.

**THE ONLY BIKE DESIGNED ENTIRELY AROUND YOU**

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**
- **Water bottle holder**
- **Easy access to shifter**
- **Stretch pad**
- **Easy to transport**
- **Standard media tray**
- **Easy-to-adjust seat and handlebars**
- **Robust knobs**

**THE ONLY BIKE**
**DESIGNED ENTIRELY AROUND YOU**
**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 smart phones or tablets.

**Record every detail**

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

**Superior technology and convenience**

Turn a class into a competition

The Keiser Projection System transforms classes into interactive competitions by projecting data onto a screen controlled by the instructor. The system listens only to M Series bikes via a triple-redundancy signal.

**Compatible with all major providers**

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.
KEISER INDOOR GROUP CYCLING CERTIFICATION MANUAL

Become an instructor who teaches group class workouts the right way thanks to research-based educational courses from Keiser Master Trainers proven to:

- Increase class retention
- Improve client results
- Boost the bottom line for your business

Our calendar for upcoming Keiser indoor group cycling courses and workshops can be found at keiser.com/education/training.

Learn more online at youtube.com/keiserfitness

EDUCATION EMPOWERS RESULTS

In person – and online at 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.

SUPERIOR TIPS, TOOLS AND TRAINING

Before getting started, a rider should identify which Keiser M Series indoor bike model they are riding. When used correctly by the instructor, this data provides helpful information by engaging and challenging riders in each workout.

By cycling within safe cadence parameters, increasing the amount of power generated, observing net calories expended and recognizing heart-rate variability, riders will benefit from a better and more effective workout.

The feedback can help engage and motivate the rider.

The power formula applied to indoor cycling is as follows:

\[ \text{Watts} = \text{Gears} \times \text{RPM} \]

\( \text{Power} \) (measured in Watts) (gear resistance) (RPM)

Velocity is speed, indicated by the cadence (RPM) at which the rider is pedaling.

Limited supply in the muscles

Depleted within approximately 10 to 20 seconds

Can be initiated instantaneously

Activities lasting longer than 3 minutes

10 sec 30 sec 3 min

10–20 seconds 1–3 minutes 2 hours+

Activation Speed

Peak Power

1 sec 20 sec 2–3 min

Fuel Source

Maximal Strength

Strength-Speed

Speed

Power

Anaerobic System

ATP-CP

System for energy and longer duration activities rely on the Aerobic System.

Duration and intensity of an activity being performed. For example, short intense exercise uses the ATP-CP system for energy and longer duration activities rely on the Aerobic System.

Having a base understanding of the body's energy systems is important for selecting the best type of drills and training for a cycling workout.

Prior to the contraction or shortening of a muscle, adenosine tri-phosphate (ATP) is produced in the muscle. ATP is rapidly broken down into adenosine diphosphate (ADP) and a free phosphate group, releasing a high-energy form of the chemical bond, often referred to as the adenylate energy system.

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The formula for kinetic energy is mass multiplied by velocity squared, divided by 2. The standard unit measurement of kinetic energy is the joule.

\[ \text{KINETIC ENERGY} = \frac{\text{mass} \times \text{velocity}^2}{2} \]

In physics, the kinetic energy of an object is the energy that is created due to its motion. Kinetic energy is defined as the work needed to accelerate a given mass from rest to its current velocity. Upon equalizing the potential energy of gravity, the body of mass maintains this energy unless its speed changes.

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An eddy current is an electric current in a conducting material that results from induction by a moving magnetic field. The resistance of the eddy current affects the speed of the resulting magnetic field. The “M” in M Series refers to the eddy current magnetic resistance used in all of the Keiser M Series products.

Aflywheel

A flywheel is a device that stores energy by rotating. Having a mass and a radius, the flywheel can store kinetic energy during its acceleration, the body of mass maintains this energy unless its speed changes.

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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.

WATCH THE VIDEO and learn more online at keiser.com/M3i.

— 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

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