

# THE BIKER'S DOZEN

## 13 THINGS TO LOOK FOR WHEN BUYING AN INDOOR GROUP CYCLING BIKE



- 1 Is the bike Certified by TÜV for Power Accuracy and Safety?
- 2 Does the bike's flywheel and drive-train design accurately simulate a road bike feel?
- 3 Is the bike quiet and smooth, or does it have a hum and/or vibration?
- 4 Do the power and cadence numbers on the display show immediate and stable information?
- 5 When raising the handlebars, do they move forward away from the saddle to accommodate the longer torso and arms of taller riders?
- 6 Is the shifter mounted on the handlebars for easier and safer operation when riding out of the saddle?
- 7 Is the gear you are in displayed so you know your resistance level and so you can get back to it after an interval?
- 8 Does the bike's digital system allow you to download workout data to a mobile app and communicate with a group class projection system **at the same time**?
- 9 Are the crank arms curved to accommodate the wider pelvises and footwear of average riders, or are they straight?
- 10 What has to be removed to inspect a belt? What about changing a belt?
- 11 Is the flywheel located at the rear of the bike - out of the sweat zone?
- 12 Does the belt have an automatic-tensioning system?
- 13 Is the bike proven? How many have been sold?

**KEISER**<sup>®</sup>

BECAUSE...  
**'GOOD ENOUGH'  
ISN'T.**

# ANSWERS

- 1 Don't believe our competitors' accuracy hype. Demand TÜV's EN957-10 or EN ISO 20957-10 Certification to prove it. The M3i was the first indoor bike to receive the TÜV EN957-10 Certification for Power Accuracy and Safety.
- 2 The road bike feel is determined by the kinetic energy of the flywheel. If the flywheel is too heavy or spins too fast, the bike will appear to pedal itself, increasing the risk of injury and limiting the results of a workout. The M3i simulates only the kinetic energy that a road bike would have, and no more.
- 3 The M3i offers a very quiet and very smooth ride.
- 4 The power and cadence numbers on many displays jump around and lag by 2 to 4 seconds. On the M3i, numbers are immediate and accurate.
- 5 Keiser was the FIRST to design a V-shaped saddle-and-handlebar adjustment, enabling the M3i to accommodate the longer torso and arms of taller riders.
- 6 The M3i shifter is mounted directly to the handlebars for easier and safer operation, especially when riding out of the saddle.
- 7 Keiser was the FIRST to display the bike's gear, allowing you to know the resistance level on the M3i – and how to get back to it after an interval. Even today, some indoor bikes still do not display the gear.
- 8 The M3i's digital system allows you to download workout data to a mobile app and communicate with a group class projection system simultaneously. Make sure the competition can do both, **SIMULTANEOUSLY**.
- 9 Straight crank arms are designed for bike shoes and the narrow pelvises and Q Factors of elite cyclists. The M3i crank arms are curved to accommodate wider footwear and riders of all shapes and sizes.
- 10 Only eight Phillips head screws must be removed to inspect and change the belt on the M3i. Ask our competitors to show you what it takes on theirs. Remember, it's not just one bike that your maintenance tech has to service - it's a roomful.
- 11 Keiser was the FIRST to move the flywheel to the rear of the bike, allowing the M3i to be more reliable, easier to clean and better protected from sweat and corrosion.
- 12 The Poly-V belt on the M3i is self-tensioning and maintenance-free. If an indoor bike doesn't have an automatic tensioning system, it will be costlier to maintain and could be over- or under-tensioned by a maintenance tech, resulting in further maintenance issues.
- 13 With its continuous improvement over the last 10 years and more than 250,000 bikes sold worldwide - with over 90% still in use today - THE M3i IS WELL PROVEN.