









The cycling revolution begins now—the result of over a decade of Keiser cycle development. What resulted was the creation of a crank system designed to meet the demands of indoor cycling. A hallmark of the Keiser M3 Indoor Cycle is its durability. Made of materials protected against corrosion with a resistance system that doesn't wear, making it virtually maintenance free; and requiring less work from your facility. All of this, plus the M3 is backed by a three year warranty, the longest in the industry. Experience the way cycling should be, the new Keiser M3.



## **Features**

- Easy to Install
- Easy to Use
- Unique "Smooth" Ride
- Whisper Quiet Operation
- Virtually Maintenance Free
- Unprecedented 3 Year Warranty
- Non-Wear Magnetic Resistance
- Easy To Transport Base
- Gravity Based Water Bottle Holder
- Adjustable Shimano<sup>®</sup> Combo Pedals
- Dual Placement Handles
- Comfortable Saddle
- Four-Way Adjustable Saddle Position
- Adjustable Handlebar Height
- Micro-Adjustments For a Better Fit
- Anti-Slip Belt
- Easy Access Resistance Shifter
- Made in the USA

## Computer

- RPM (Cadence)
- Power Output Displayed in Watts
- Kilo Calories
- Polar® Compatible Heart Rate Monitor
- Trip Time
- Trip Distance
- Gear (Resistance 1-24)

