

**ARE YOUR CURRENT
GROUP FITNESS PROGRAMS
JUST 'GOOD ENOUGH'?**



KEISER[®]

BECAUSE...
**'GOOD
ENOUGH' ISN'T.**[™]

BE THE FIRST IN YOUR MARKET WITH THE NEXT BIG STEP FORWARD FOR GROUP FITNESS



KEISER CARDIO M5i STRIDER ELLIPTICAL TRAINER

EXPAND YOUR OFFERING TO MEET THE COMING
DEMAND FOR GROUP STRIDING

Indoor Group Striding is taking studios in Europe by storm. This new concept is primed to grip America as well. With a small footprint and proven popularity among club members in Europe, the Keiser M5i Strider helps your club differentiate itself and deliver what members want.

BETTER FOR THE MEMBER

- With the strider, you stand up, so there's no uncomfortable seat, and it promotes better posture
- The strider works the lower body AND upper body for a more complete workout
- Revolutionary new display and Bluetooth technology for a connected group fitness experience
- Dual Placement Stationary Handles make it easy to find the perfect workout position
- Simple height adjustment pull-pin, so users can get on and go
- Eddy current (magnetic resistance) system for smooth motion
- Infinite resistance adjustments to help users find the perfect workout

BETTER FOR THE CLUB

- Small size allows for more machines in a space, making true Group Striding possible
- Effortless implementation – easy to convert cycling studios into Group Striding studios
- About the same price as a bike – much less than typical elliptical machines
- Wheels on base allow for easy transport offering a variety of studio configurations

FULL BODY WORKOUT

- Deltoids
- Triceps
- Biceps
- Back/lower back
- Abs
- Glutes
- Quadriceps
- Hamstrings
- Front calf
- Rear calf

SPECIFICATIONS

HEIGHT 72" 1829 mm	LENGTH 38" 965 mm
WIDTH 28" 711 mm	WEIGHT 135 lbs 61 kg



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CONTACT A SALES REP TODAY

keiser.com/m5istrider