

THE M SERIES

M5i

STRIDER

ELLIPTICAL

TRAINER

HOW WE BUILT **THE ULTIMATE MACHINE**
FOR ELLIPTICAL TRAINING

KEISER[®]
BECAUSE...
'GOOD
ENOUGH'
ISN'T.[™]



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.

SPECIFICATIONS

HEIGHT 63.5" / 1320.8 mm	LENGTH 49" / 1219.2 mm
WIDTH 22.5" / 736.6 mm	WEIGHT 131 lbs / 51 kg



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.

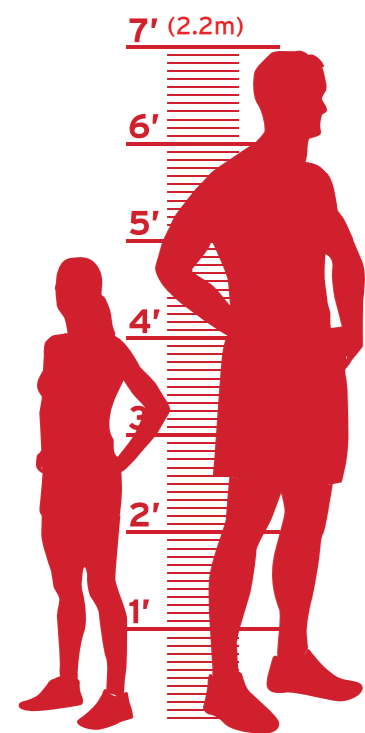


KEISER

LOW-IMPACT. EASY-TO-USE. PORTABLE.

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.

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.



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.

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

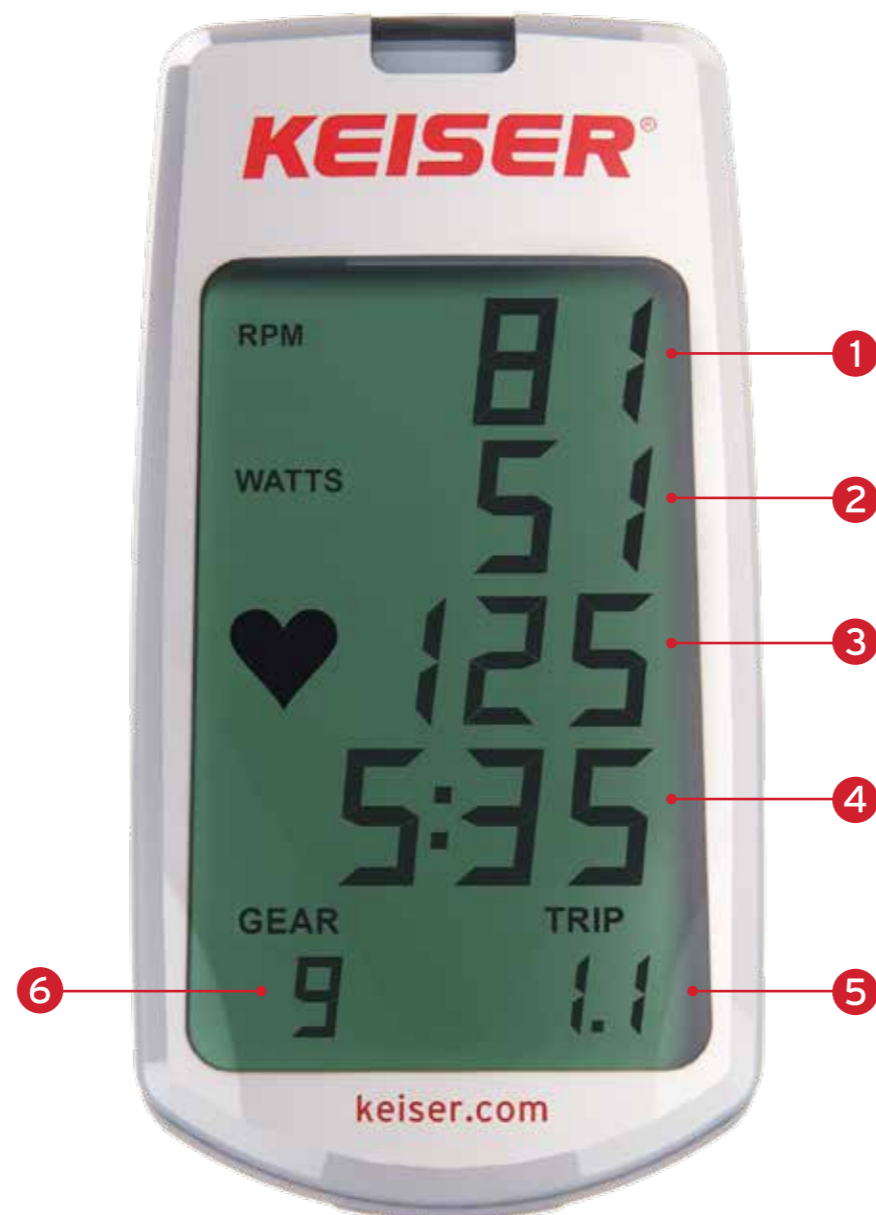




KNOW MORE ABOUT YOUR OWN CARDIO WORKOUTS

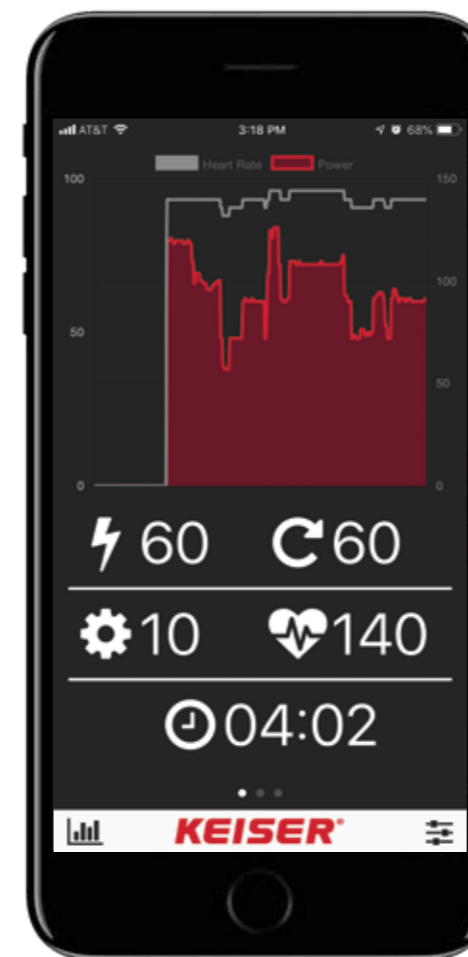
The M5i digital display automatically activates when you begin striding so that you can monitor your entire workout.

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



ENHANCE WORKOUT DATA TRACKING, RECORDING AND COLLECTION

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.



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



ADDITIONAL M5i ACCESSORIES

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

stationary handles

4 Separate storage tray

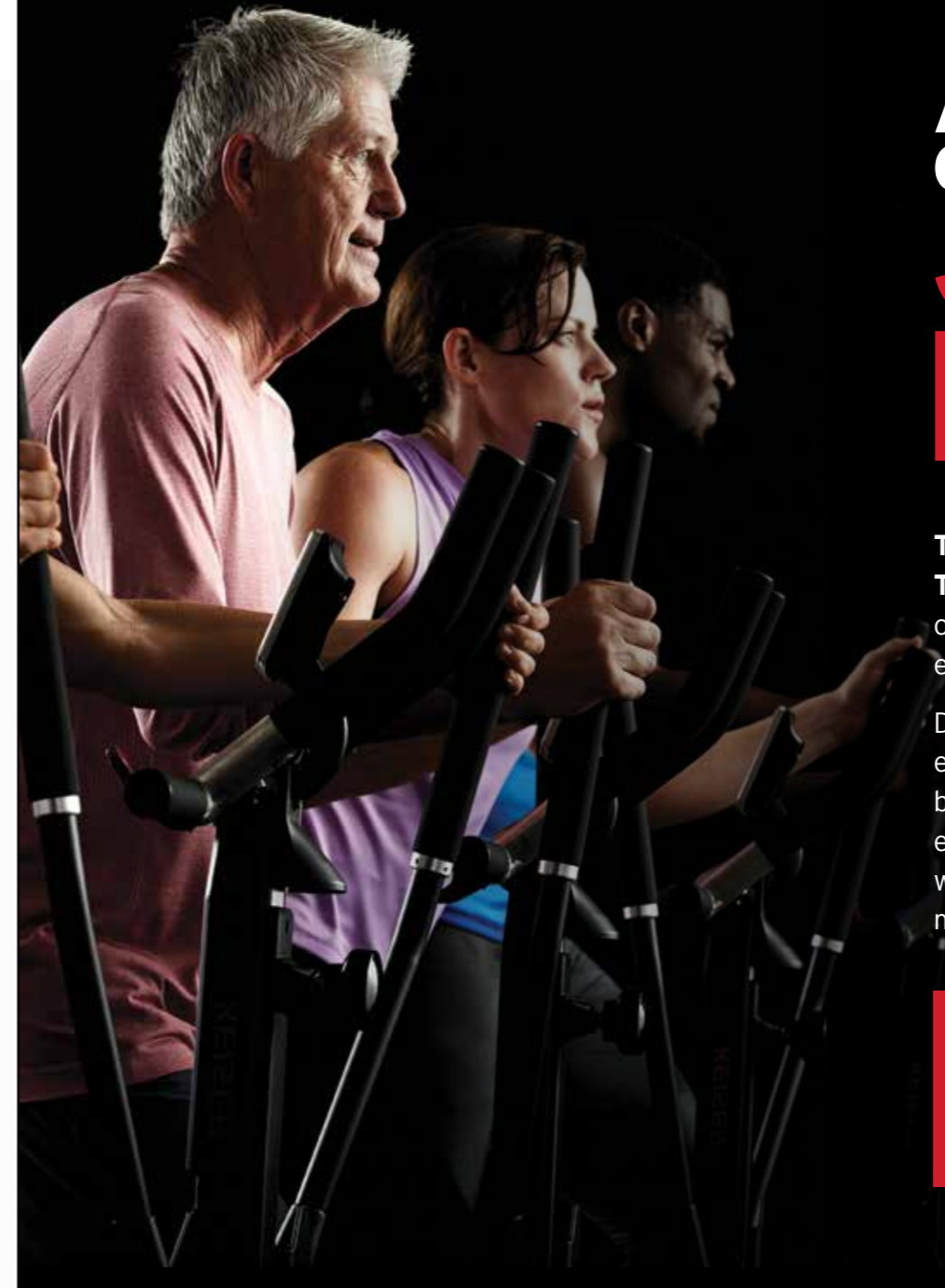
for keys or other items

5 Easy-to-reach water bottle holder

water bottle holder

6 Stretch pads

on M5i base to facilitate pre- and post-ride stretching



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

THE KEISER M5i STRIDER ELLIPTICAL TRAINER IS YOUR TOTAL BODY GROUP WORKOUT SOLUTION. Extend your gym offerings to meet the coming demand for both individual and group elliptical training with the M5i.


Designed for more than individual training, the M5i offers an effective group training option, while still delivering the same unique benefits that made our M3i Indoor Group Bike a success. Group elliptical classes are becoming increasingly popular in Europe and, with our new M5i Striding Program, this fun and effective fitness movement can be made available to all.


LEARN MORE ABOUT THE M5i


Contact a Keiser rep to learn more or visit [keiser.com/M5i](https://www.keiser.com/M5i) to purchase the M5i for your fitness studio or home.

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