

HOW TO ASSEMBLE THE M3 BIKE

- 1 Prepare Base and Main Frame.
- 2 Position the front of the Main Frame facing the Transport Wheels, then carefully lower the Main Frame onto the Base Mounts.

KEISER

STRENGTH | CARDIO | FUNCTIONAL



Insert one Axle Nut (Items B and C). Tighten Axle Nuts using a 16 mm Wrench. Torque to 20 ft lbs (27 Nm) for Crossfoot and Torque Wrench.

Insert Handlebar Screws from the Post into the Handlebar.



Push the Handlebar into the Post as shown, with aligned.

Align the mounting holes by pressing the handlebar with one hand, this it evenly onto the Post. With your other hand, screw evenly until tight.

For proper set/adjustment "Load Adjustment", Handle" sections.

Section 4, Seat Inhibitor Application

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

Insert into the leading thread.



Fit Pedal

Insert into mechanical

1/2" threaded counter using a Torque Wrench.



M SERIES

M3 INDOOR GROUP CYCLE

ASSEMBLY AND OPERATION MANUAL

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

Keiser M3 Service Manual

Shasha Hu



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