

KEISER CYCLING THE 600 CALORIE CLASS

KEISER[®]
THE POWER IN HUMAN PERFORMANCE

M3 CYCLING

Keiser Cycling 600 Calorie Class* is a 45 – 50 minute indoor cycling group exercise class, accessible to all levels and abilities. It brings the experience of the outside ride into the studio. The Keiser instructor will lead you through a variety of hill climbs, flat terrain, intervals and power play. Choosing your own resistance, the class is at your level, this creates a group with mixed ability. You will be encouraged by a variety of motivational music that will take you on an exciting journey, in every class.



Keiser offers unmatched program support with your M3 indoor cycle.

Working with Master and National Trainers worldwide, we provide an entire educational program for the training of certified instructors. We also assist you in implementing a quality and successful indoor cycling program in your facility.

m3
CYCLING

m3 foundations

*depends on time class, intensity and fitness levels of every individual.

Measurements:

Height: 45" / 1143 mm

Width: 26" / 660.4 mm

Height: 49" / 1244.6 mm

Weight: 85 lbs. / 38.56 kg

Features:

- Adjustable Shimano Combo Pedals
- Easy Transport
- Gravity Based Water Bottle Holder
- Dual Placement Comfort Handles
- Four-Way Adjustable Seat Position (Up, Down, Forward, and Backward)
- Adjustable Handlebar Height
- Anti-Slip Belt (Requiring No Adjustment)
- Non Wear Magnetic Resistance
- Easy to Install
- Infinite Resistance Adjustment
- Smooth Resistance Shifter
- Comfortable Saddle
- Optional Computer System
- Virtually Maintenance Free
- Unprecedented Warranty
- Whisper Quiet
- Computer (Optional)

Computer Features:

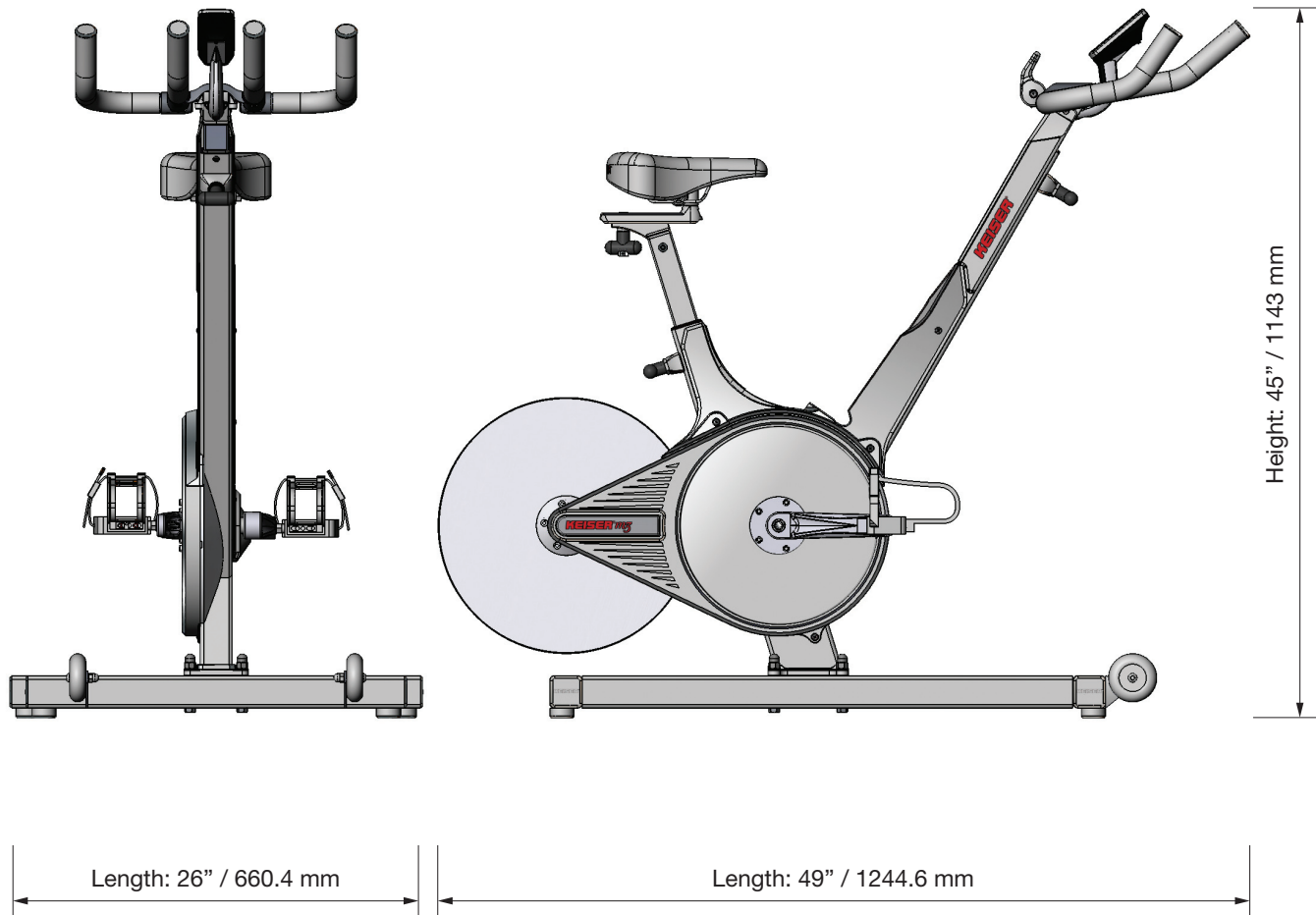
- RPM (Cadence)
- Power Output Displays in Watts (currently generating) and Kilocalories (Total for the ride)
- Heart Rate (Polar compatible)
- Pedaling Time
- Gear (Resistance) (1 to 24 gears)
- Trip Distance

Additional M3 Options:

- M3 Indoor Cycling Foundations Training
- M3 Compatible Polar™ Coded HRM



M3 CYCLING TECHNICAL INFORMATION:





M3

M3 CYCLING

THE 600 CALORIE CLASS



KEISER CYCLING DRILLS:

INTERVAL

–pyramid climbs, laddering and speed play.

SPEED WORK

–tempo, breakaways, sprints and power accelerations.

CLIMBING

–hill repeats, intervals, long hill climbs and hill sprints.

CONTROL

–surges, accelerations, spin ups.

RECOVERY

–a very important part of training.



HOW OFTEN SHOULD I ATTEND A KEISER SESSION?

After 2 or 3 times a week you will feel fitter, stronger, and leaner.

DO I NEED TO BE FIT TO ATTEND?

Each bike has its own resistance; this means every rider can control their work out to their own ability (beginner to advance). Your fitness will improve as you progress.

WHAT DO I BRING?

You will need water and a towel. You may want to wear cycling clothes which will be more comfortable. Cycle shoes are recommended but not essential, (please ask the instructor for further information).

If you require further information please visit our website:

www.keiser.com

or email **info@keiser.com**

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