## KEISER CARDIO

# M3i TOTAL BODY TRAINER

Model 5512

## PERFORMANCE IN REAL TIME

The M3i TBT came about because our athletic customers needed a bike with an upper body component that would hold up to the rigors of athletic performance. We designed a bike built on the sound platform of the proven M3i. The M3i Total Body Trainer is perfect for those seeking a full body workout, allowing them to train upper and lower body at the same time or independently, or even perform single limb rehabilitative movements. Keiser Integrated Technology allows the coach to monitor each athlete's performance while on the bike in real time on a smartphone or tablet and retain the data to monitor progress.

## FEATURES

- Light weight aluminum flywheel
- On board M Series computer
- RPM and Power Display
- Easy transport wheels
- Gravity based water bottle holder
- Four-way adjustable seat position
- Includes stretch pads

## SPECIFICATIONS

**HEIGHT:** 54" / 1372 mm
**WIDTH:** 29" / 737 mm
**LENGTH:** 49" / 1245 mm
**WEIGHT:** 112 lbs / 51 kg

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