

**KEISER CARDIO**

**CARDIO MACHINES**



**THE LATEST STRIDE  
IN GROUP FITNESS**

# **M5i STRIDER**

Model 5602

**PUSHING THE LIMITS OF HUMAN PERFORMANCE**

At Keiser, we're constantly innovating to reach the next level of human performance. We're never satisfied with the status quo. Even if it's our status quo. Because... Strong can be stronger. Fast can be faster. Power can be more powerful. Because science is on our side. **Because... 'Good Enough' Isn't.**

**KEISER**

# KEISER CARDIO

**SIMPLICITY IS THE ULTIMATE SOPHISTICATION.** In 1996 Keiser set out to create a bike that would exceed the demands of Indoor Group Cycling Classes. The M3 Indoor Bike not only exceeded expectations, but changed Indoor Cycling Bikes forever by introducing many industry firsts including magnetic resistance, V-shaped frames and rear-flywheel design. All of our M Series Cardio Products are made to Keiser's exacting standards to give you the finest in quality, service and performance. In addition, Keiser Integrated Technology uses Bluetooth® connectivity to record and track progress using our M Series Apps.

## CARDIO MACHINES M5i STRIDER

Model 5602

### A GREAT STRIDE FORWARD

The M5i Strider is an Elliptical Trainer designed specifically for the Indoor Walking Classes that started in Europe and have now become one of the fastest rising trends in the fitness industry today. Combining the popularity of Elliptical Training with the success of group exercise, the M5i Striding Program is fun and effective fitness for everyone. The compact design of the M5i makes it a great alternative to the larger Ellipticals typically found in the cardio area of clubs, especially when space is a factor. Its elegant, compact, quiet design, and commercial quality will provide the home buyer a lifetime of exercise.

▶ Visit [keiser.com](https://www.keiser.com) to learn more.



### FEATURES

- Magnetic resistance for a smooth and quiet workout
- Infinite incremental resistance changes
- Dual Placement Stationary Handles and Padded Moving Handlebars
- Transport wheels for ease of transport
- Adjustable Height
- Intuitive, simple to read console displaying Cadence, Power, Kcals, Heart Rate, Ride Time, Odometer, Trip Distance, and Gear, all on one screen
- Keiser Integrated Technology using Bluetooth connectivity to record and track progress using our M Series apps
- Robust adjustment knobs that require less maintenance than cam-locks
- Media Tray, Loose Items Tray, Water Bottle Holder, Stretch Pads

### SPECIFICATIONS

**HEIGHT:** 66" / 1677 mm    **DEPTH:** 51" / 1296 mm  
**WIDTH:** 23" / 584 mm    **WEIGHT:** 127 lbs / 58 kg

**KEISER**® | BECAUSE...  
**'GOOD ENOUGH' ISN'T.™**

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