

KEISER CARDIO

CARDIO MACHINES



KEEP MOVING
M7i TOTAL BODY
WHEELCHAIR
STEPPER

Model 5200

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

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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.



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M7i TOTAL BODY WHEELCHAIR STEPPER

Model 5200

LOW IMPACT FULL BODY WORKOUT

The development of the M7i began as a compact unit that would fit in hallways of retirement communities for residents in wheelchairs and scooters to roll up to and exercise. From there it grew into a full-blown rehab machine. Using Keiser's magnetic resistance technology, the M7i provides a smooth, quiet, stair climbing motion from a comfortable recumbent position. The foot plate supports the angular position of the foot through the full pedaling stroke. It articulates to minimize the change in ankle flexion as you pedal providing a more comfortable exercise. It also features an upper body resistance system for a low impact full body workout. The optional Foot and Leg Stabilizers and Wrist Straps make the M7i ideal for stroke and other brain and spinal cord injury survivors, as well as cardiac rehab patients.

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

FEATURES

- Works with most mobility devices or a standard chair
- A low-impact workout that delivers accurate, measurable results
- Easily transportable and features the smallest footprint in its class
- 7-inch pedal stroke matches the height of actual stairs, allowing users to mimic real-world requirements in daily activity
- Low pedal height, making it easier for users to engage the unit
- Back and side walls on the pedals help keep the user's foot on footpad
- Pedal geometry that limits ankle flexion
- An easy to read display, with large lettering and high contrast, shows the Gear you are in, Kcals burned, Total Steps Climbed, Steps/Minute, Elapsed Time, Watts, METS, and Heart Rate, if using a compatible chest strap
- Keiser Integrated Technology to record and track progress

SPECIFICATIONS

HEIGHT: 44" / 1118 mm
WIDTH: 28" / 711 mm

DEPTH: 38.5" / 978 mm
WEIGHT: 142 lbs / 65 kg

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

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