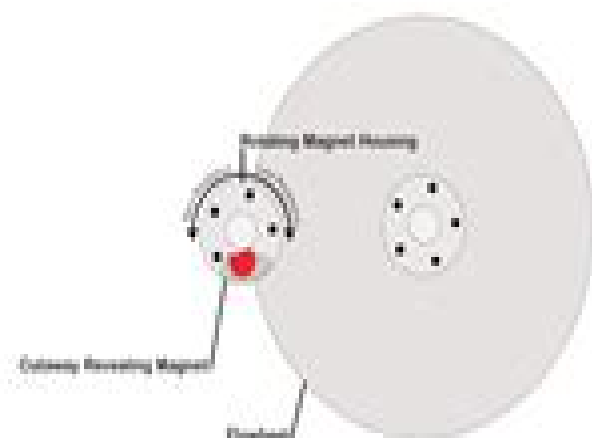


MS RESISTANCE OVERVIEW

The Kicker MS is a revolutionary new way to cycle, with a focus on power output. The understanding of the MS resistance system can best be described in the explanation of eddy current resistance and the formula for power (Power = Force x Velocity).

Understanding Eddy Current Resistance

An eddy current is an electrical current in a conducting material that results from induction by a moving or varying magnetic field. On the MS, this is generated by the wheel passing through two opposing magnets. The flywheel (a conductor) passes through the magnetic field generated by the two powerful magnets. By varying how much of the magnetic field comes into contact with the flywheel, the amount of resistance will increase or decrease for the cyclist. This resistance system also allows the cyclist a smoother, quieter, and more predictable ride.



If the flywheel is in less contact with the magnetic field, it is easier to ride. The more of the flywheel that comes in contact with the magnetic field (the higher the energy that is being generated with each turn) the more difficult it becomes to pedal.

Another major factor that plays a role in resistance is speed. The faster the flywheel turns, the more energy is generated, and thus the more resistance is created.

Power = Force X Velocity

Power (amount of work being done in a given amount of time by the cyclist) = force (the amount of resistance) x velocity (the cadence the cyclist is pedaling). This is the same formula that all outdoor cycles follow. By pedaling faster the difficulty increases as the resistance increases. The same applies to the MS at a set gear the resistance can be increased or decreased by adjusting the cyclist's cadence.

In this way the MS cycle is very similar to outdoor cycling. The higher the gear the higher the cadence the more power produced.

MS COMPUTER OVERVIEW

The MS computer is a powerful teaching and programming tool. The computer can assist both the instructor and participant by providing immediate feedback as well as tracking on-going improvement. By experiencing objective cadence, power output, gear and heart rate, the cyclist benefits from a better overall and more effective workout. The computer can also be used as a motivating tool to engage participants in their workouts. The more participants understand the components of a proper workout, the further they can take their performance. The goal is to work more effectively and efficiently and achieve better results.



Line 1 RPM (Cadence) - The RPM display counts the cyclist's revolutions per minute on one crank arm. RPM is shown in the cycling world as Cadence and roughly is the speed at which the cyclist is pedaling. At above 140 RPM the computer will not read and the word "STOP" will appear to indicate that the cyclist is pedaling faster than he or she needs to be. If the cyclist is out of the saddle and wishes to retain sufficient resistance pedaling should not fall below 60 RPM.

Line 2 Power - The power output is displayed in Watts (currently generating) and Kilocalories (total value for the ride). The computer toggles back and forth between Watts (displayed for eight seconds) and Kilocalories (displayed for two seconds) throughout the ride.

Line 3 Heart Rate - If there is no heart rate signal, a steady heart symbol and a zero will be displayed. If a participant is wearing a heart rate strap, and once the computer locks onto the signal, the heart symbol will blink and display the heart rate. Please note that the heart rate strap must be Polar™ compatible and coded.

Line 4 Pedaling or Elapsed Time - The number shown reports the total time spent cycling and will reset to zero after 60 seconds of inactivity or if computer is reset using the gear lever.

Line 5 Odometer/Trip Distance and Gear - For the first eight seconds when the computer is first activated, the odometer will display the total distance the cycle has been ridden. This feature is for service and maintenance purposes only. After eight seconds the odometer will display the distance and return from 1 - 24.

Average Calibration

To view averages RPM (cadence), power, and heart rate at any point in the ride, stop pedaling for three seconds. This will flash your averages until you start pedaling again or until the computer goes to sleep after 60 seconds.

Resetting Ride Averages, Elapsed Time and Distance

To reset your averages during the ride, stop pedaling for three seconds and the averages will start to flash, while they are flashing move the gear lever from bottom to top two times quickly. This will reset your ride information back to zero.

Computer Calibration

1. Cycle display must be blank. If the display is not blank wait about 30 seconds until it is blank.
2. Activate the display by rotating the crank pedal. As soon as it is active stop the crank movement.
3. Move the shifter from full retreat (lowest resistance) to full advance (highest resistance) at least five times. These five selections must be done within five seconds.
4. Computer will indicate it is calibrated by showing "00.00" if you do not see the "00.00" start over from step # 1.
5. Retract shifter (lowest resistance) and computer should show gear "1". Advance shifter (increase resistance) and computer should show gears changing "1" through "24".
6. Continue beyond gear "24" and "00" will flash. This is the emergency brake area, where the end of the shifter is about 1" to 1 1/2" off the top of the handlebar. If you do not see the flashing "00" start over from step # 1.

Begin Calibration

Calibration Complete



Computer Battery Replacement

To test the computer batteries, rotate the crank arm until the computer "wakes up". If the battery is low a "LO-BAT" will display in the odometer (ODM) display at the bottom of the computer. To replace the batteries, remove the back of the computer housing and remove old AA batteries and replace with a set of two new AA batteries. If you have multiple bikes, we suggest all computer batteries be changed at the same time.



Keiser M3 User Manual

Ian Pickup



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Table of Contents Keiser M3 User Manual

1. Understanding the eBook Keiser M3 User Manual
 - The Rise of Digital Reading Keiser M3 User Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Keiser M3 User Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Keiser M3 User Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Keiser M3 User Manual
 - Personalized Recommendations

- Keiser M3 User Manual User Reviews and Ratings
- Keiser M3 User Manual and Bestseller Lists
- 5. Accessing Keiser M3 User Manual Free and Paid eBooks
 - Keiser M3 User Manual Public Domain eBooks
 - Keiser M3 User Manual eBook Subscription Services
 - Keiser M3 User Manual Budget-Friendly Options
- 6. Navigating Keiser M3 User Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Keiser M3 User Manual Compatibility with Devices
 - Keiser M3 User Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Keiser M3 User Manual
 - Highlighting and Note-Taking Keiser M3 User Manual
 - Interactive Elements Keiser M3 User Manual
- 8. Staying Engaged with Keiser M3 User Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Keiser M3 User Manual
- 9. Balancing eBooks and Physical Books Keiser M3 User Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Keiser M3 User Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Keiser M3 User Manual
 - Setting Reading Goals Keiser M3 User Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Keiser M3 User Manual
 - Fact-Checking eBook Content of Keiser M3 User Manual

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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without ceasing unto god for him acts 12 5 8

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