

KEISER**M3 INDOOR GROUP CYCLE****BECAUSE
'GOOD
ENOUGH'
ISN'T.****HOW TO ASSEMBLE THE M3 BIKE****1**

Prepare Base and Main Frame.

2

Go Position the front of the Main Frame facing the Transport Wheels, then carefully lower the Main Frame onto the Base Struts.

KEISER**STRENGTH | CARDIO | FUNCTIONAL****M SERIES****M3 INDOOR GROUP CYCLE**

ASSEMBLY AND OPERATION MANUAL

**BECAUSE
'GOOD
ENOUGH'
ISN'T.**

REAR

A

B

and one Access Nut (Items B and C). Tighten Access Nuts using a Hex Wrench, Torque to 20 ft lbs (27 Nm) using Crossfoot and Torque Wrench.

Handlebar Screws from the Post Wrench.



bar onto the Post as shown, with aligned.

the mounting holes by pressing the handlebar with one hand, this it evenly onto the Post. With your other hand, screw evenly until tight.

are properly set (refer to "Seat Adjustment" and "Handle" sections).



FLY Pedal

Insert in mechanical

3/4" threaded (counter) using a Torque Wrench.



Insert 4, Dust Inhibitor Application

Keiser M3 Service Manual

**Food and Nutrition Information and
Educational Materials Center (U.S.)**



Keiser M3 Service Manual:

Unveiling the Magic of Words: A Overview of "**Keiser M3 Service Manual**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Keiser M3 Service Manual**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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