



Increase group training options with the Keiser M5 Strider, combining modern style with innovative design

The new Keiser M5 Strider (elliptical) continues the M Series award-winning tradition of modern style and innovative design.

Designed, engineered and manufactured in the U.S. to strict quality standards, each feature of the M5 Strider was scrutinized to provide an extremely durable, effective machine.

Keiser has taken the elliptical to the next step by redesigning it to fit seamlessly in the group training environment and creating one of the hottest new workouts in the industry, M5 Striding. The M5 Strider offers class-friendly features including a dramatically decreased size while retaining the familiar "large elliptical feel".

- Dual action works both upper and lower body
- Stride length designed to increase muscle activation
- Increased caloric output
- User controls their workout through pace and resistance
- Water bottle holder and loose items tray
- Modern styling
- Small footprint
- No impact workout
- Unmatched corrosion protection
- Adjustable to accommodate a wide array of users
- Comfortable positioning mimics natural movement
- Comfortable oversized footpad
- Stable even with heavier or more powerful users
- Powerful computer system offers workout feedback
- Virtually maintenance free
- Easy access resistance shifter
- Complete marketing support program
- Comprehensive education program
- Whisper quiet operation
- Eco-friendly design

"With the M5 Strider, Keiser has once again set a new standard for others to follow."

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