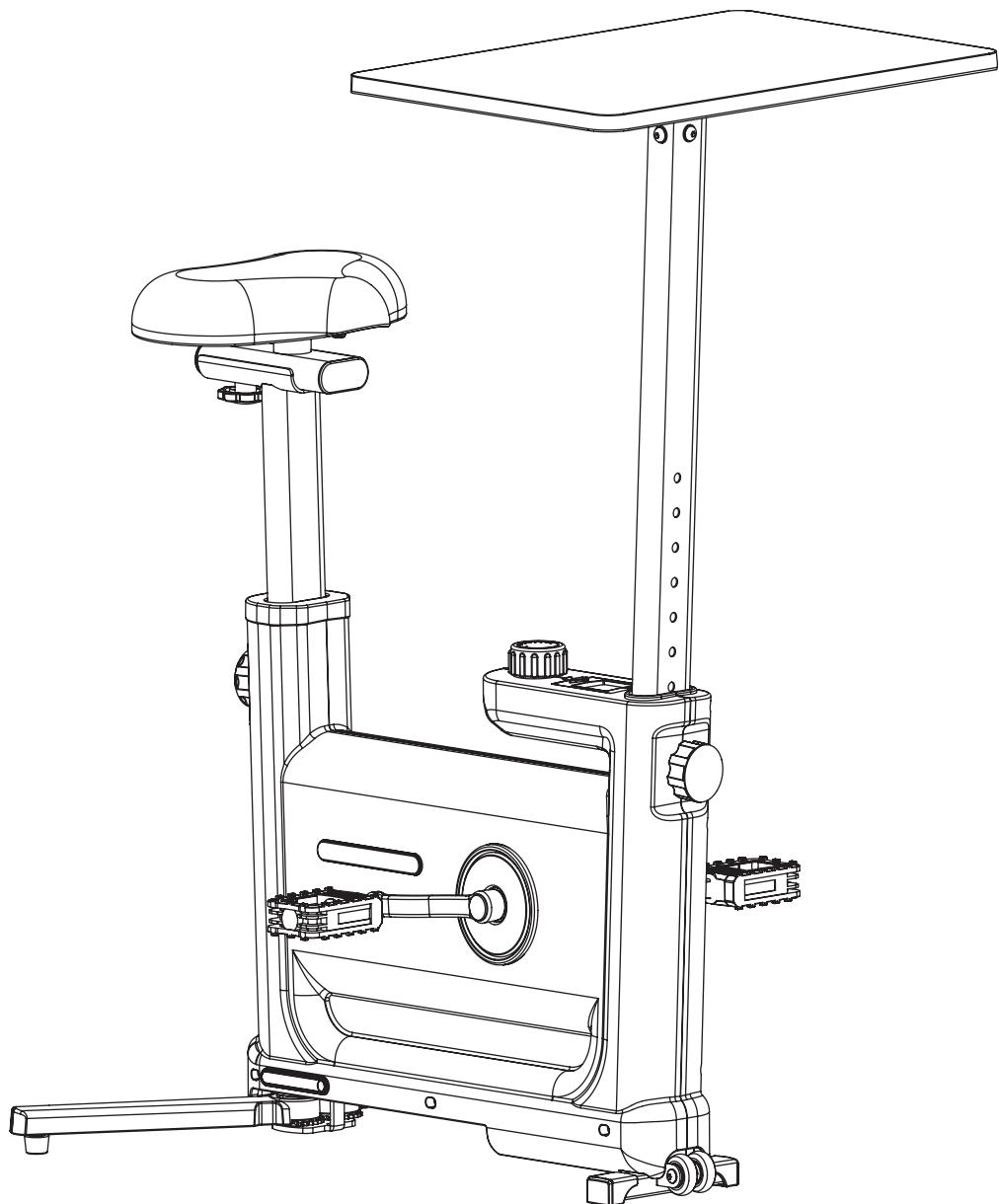


43724963

DESK BIKE

Instruction manual



Safety Usage Guidelines

Make sure you have read this manual when assembling and using this device. Only when the device is properly installed, maintained and used can it be used safely and effectively. Please ensure that all users of this device are informed of the warnings and precautions for use.

- 1 Before starting any exercise program, consult your doctor to confirm if there are any injuries or physical conditions that may endanger your health and safety, or prevent you from using this equipment. If you are currently undergoing medication for heart rate, blood pressure, or cholesterol levels, your doctor's advice is very important to you.
- 2 Be aware of the various signals your body sends out. Once you feel pain, heart muscle tightness, irregular heartbeat, shortness of breath, If you are experiencing discomfort, collapse, dizziness, or any discomfort, please stop practicing immediately.
- 3 Please place this device on a hard, level, and protective floor or carpet for use. When in use, the equipment cannot be moved as a whole, or placed on the floor on, or attached to walls, ceilings, or other fixed structures, with a focus on safety, knowledge of the proper use of the equipment and its key points in normal use. When used, the training area refuses the third party to enter the dangerous part of the equipment (at least 1.2m office space around). The device is intended for adult use only.
- 4 Before use, please check whether all bolts, pins, and other components are completely installed firmly.
- 5 Pay special attention to the components that are most prone to wear.
- 6 Use as prompted, if a defective component is found during the installation or inspection of the device, or if you hear any abnormal noise during use, please stop using it immediately. Do not use the device until the problem is resolved.
- 7 During exercise, wear well-fitting sportswear and do not wear loose clothing to avoid getting caught in any movable parts. Don't wear shoes with long laces before exercise to avoid the shoelaces wrapped in any movable part.
- 8 When lifting and moving this instrument, please handle it carefully to avoid back injury. Use the correct lifting method and seek assistance if necessary.
- 9 Before starting the exercise, make sure that the straps on the foot pedal are securely fastened to prevent accidents.
- 10 Due to the flywheel inertia system, foot, ankle, leg, and knee injuries may occur during movement. Remember to press the emergency brake button before you stop. If you to stop the movement, please press the brake knob to stop the crank.
- 11 Warning: Please ensure that the adjustment knob is always in the locked position. When this device is not in use, please turn the fine-tuning knob clockwise to the end to lock the crank and flywheel. And prevent third parties, especially children, may use or rotate rotating parts.
- 12 Warning: During movement, please ensure that any adjustment devices that may cause interference with the user's movement do not deviate from the designed state.
- 13 Warning: This device is not intended for medical use. (Product Grade: HC)

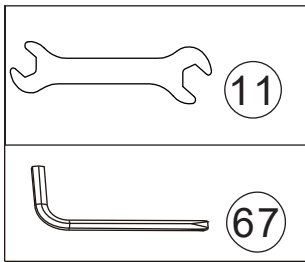
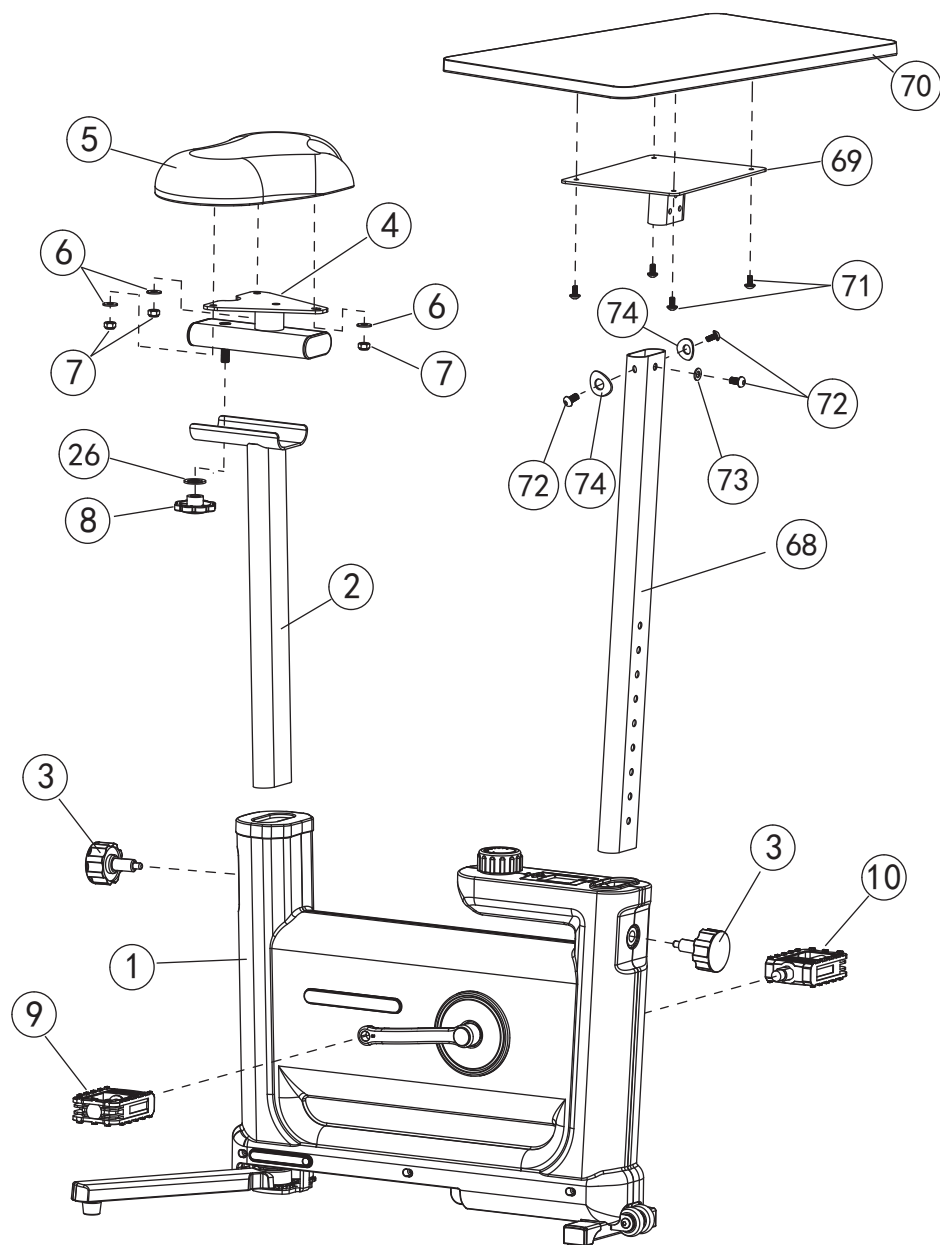
Product Components

No.	Components	QTY
1	Main frame group	1
2	Cushion adjustment frame	1
3	M16 flexible knob	2
4	Cushion fixed frame	1
5	Cushion	1
6	M8 Washer	3
7	M8 nut	3
8	M10 Knob	1
9	Pedal (right)	1
10	Pedal (left)	1
26	M10 Washer	1
68	Tableboard adjustment tube	1
69	table board fixed frame	1
70	tableboard	1
71	M6x12 screw	4
72	M8x15 screw	3
73	M8 Washer	1
74	M8 Curved washer	2

Installation Tool

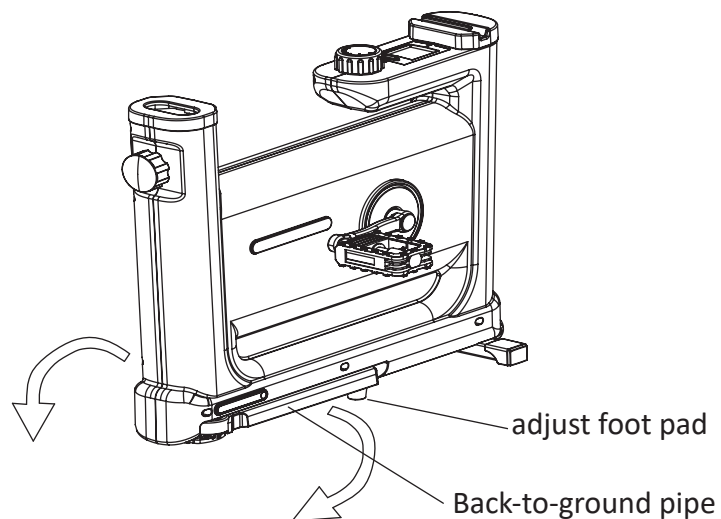
No.	Components	QTY
11	Open-end Wrench	1
67	Hex key	1

Product Components

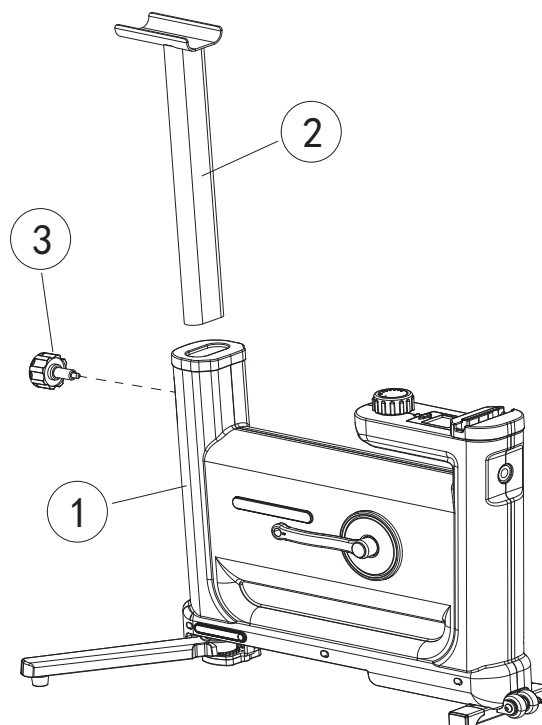


Assembly Steps

- Step 1** After unpacking the whole machine, remove the accessories in sequence. Do not pull them forcibly to avoid scratching the outer surface of the machine. Place the accessories stably after taking them out. After unfolding the grounding pipe, adjust the foot pad to ensure that the machine is stable and does not shake.

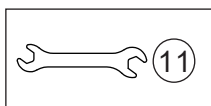
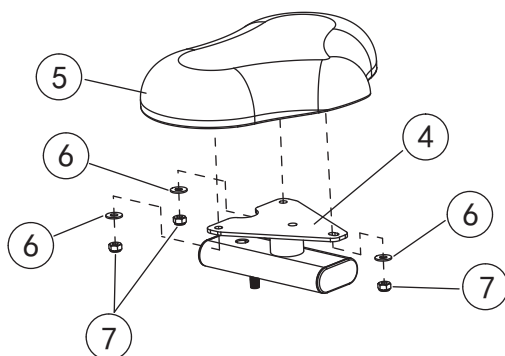


- Step 2** Mounting seat cushion adjustment frame
Release the M16 elastic knob (3) and pull it up, then insert the seat cushion adjustment frame (2) into the corresponding hole of the main frame (1) and lock it



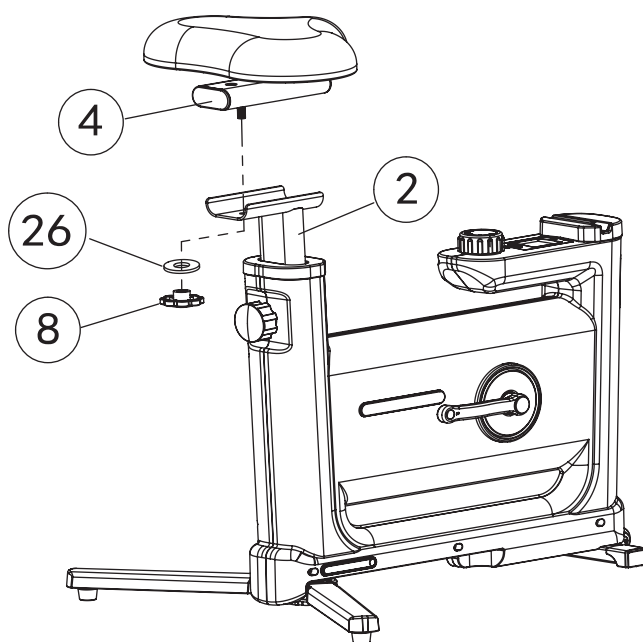
Step 3 Mounting seat cushions

Put the seat cushion(5) into the corresponding hole of the seat cushion fixing frame, and lock and fix it with the washer(6) and nut(7).



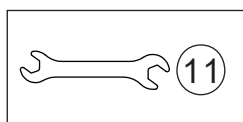
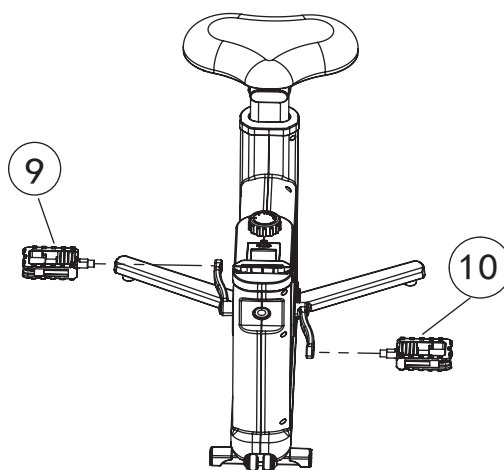
Step 4 Mounting seat cushion rack

Put the seat cushion frame(4) into the corresponding hole of the forming sheet of the seat cushion adjustment frame(2), and fasten it with M10 washer(26) and twist(8).



Step 5 Mounting footboard

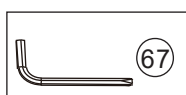
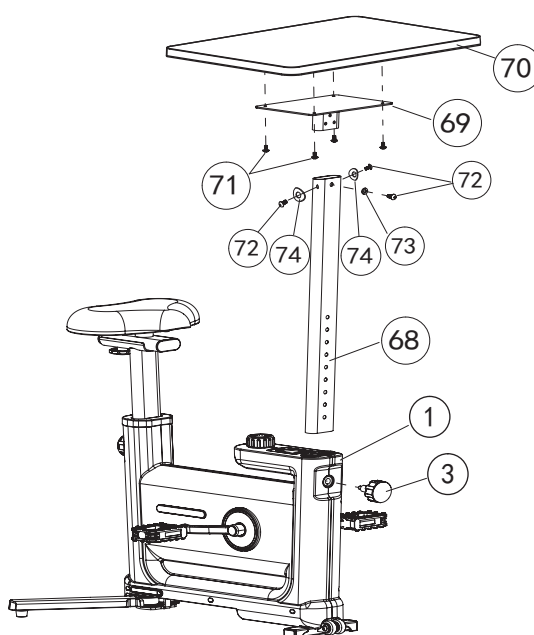
Fit the foot pedals (9) and (10) into the corresponding crank holes, and tighten them with a wrench (11) in the forward direction



Step 6 Tableboard

The table board adjustment tube(68) is installed in the corresponding hole of the main frame(1), and the spring pin(3) is loosened and pulled up to allow the spring pin to penetrate into the corresponding hole and lock the table board(70) on the table board fixing frame(69).

Use M6X12 (71) screws to lock and fix the table board fixing frame (69) into the table board adjustment tube(68) hole, and use M8 washer(73) and M8 curved washer(74) with M8X15 screws (72) to lock and fix.



Dial Operation Instructions

I. Function Description

The upper row is for speed(SPEED), which shows the speed function(K-kilometers per hour).

1. Time: When the "Select" key is pressed to point to "Time" (TIME), the display shows the exercise time.
2. Speed: When the "Select" key is pressed to point to "Calories" (CAL), the current calories are displayed.
3. Distance: When the "Select" key is pressed to point to "Distance" (DIST), the distance covered during the exercise is displayed, which changes with the exercise time.
4. Calories: When the "Select" key is pressed to point to "Revolutions per Minute" (RPM), the revolutions per minute are displayed.
5. Total Distance: When the "Select" key is pressed to point to "Total Distance" (000), the total distance covered during the exercise is displayed.

When the electronic watch enters the "Scan" (SCAN) mode, the display shows the total distance (000), time (TIME), calories (CAL), distance (DIST), and revolutions per minute (RPM) in sequence.

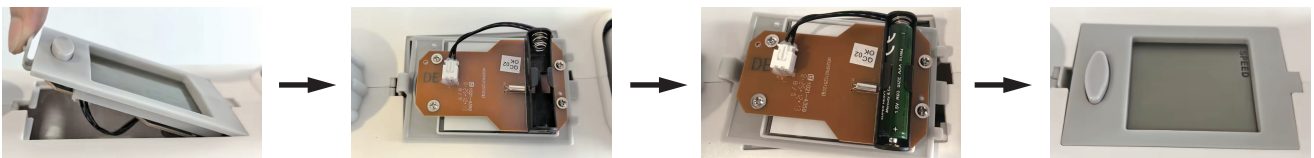
II. Precautions

1. The display automatically turns on when the exercise starts.
2. If the exercise stops for 3 minutes, the LCD display will automatically turn off.
3. Press the function key continuously for 4-5 seconds to reset all display data to zero.
4. If the display does not show data normally, please replace the battery.
5. The display uses a AAA battery.



Note:

1. Battery Spec:1.5V AAA (1 PIECE) (NOT INCLUDED).
2. To change the battery, please take out the display, remove the battery. Replace with AAA battery. Finally put the display back in the desk bike.

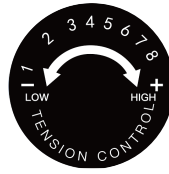


3. Keep batteries out of the reach of children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediately medical treatment.

Resistance Adjustment Knob Operation Instructions

Resistance increases from 1 to 8 in sequence.

Adjust the intensity according to personal requirements.

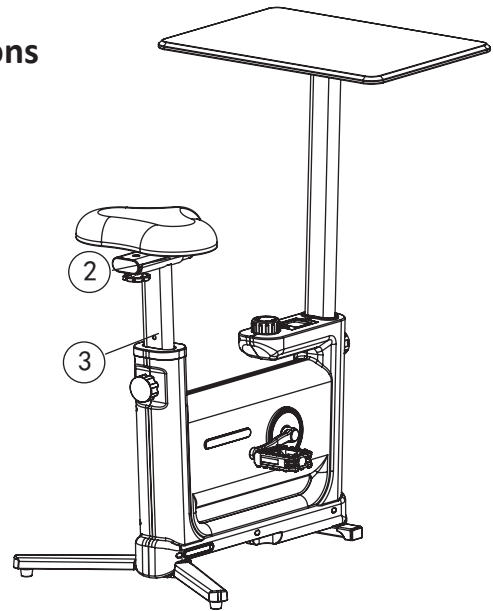
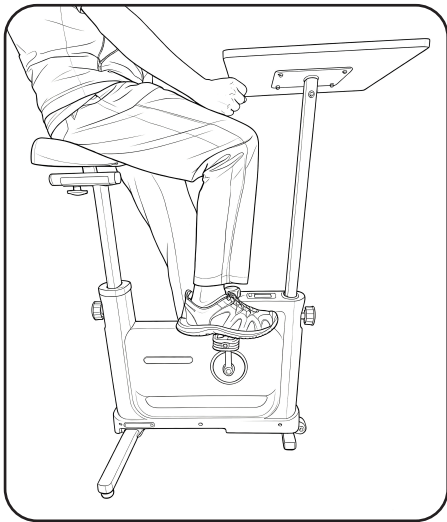


Seat Cushion Height Adjustment Operation Instructions

According to personal height requirements, the height of the seat cushion can be adjusted by the elastic knob (3).

Loosen knob(3) to adjust the height of the seat cushion.

After adjusting, lock the knob(3) when the pin falls into the corresponding hole.



Please note that when the pedal is at its highest point, there should be a gap of approximately one fist's height between the top of your thigh and the underside of the table.

Proper Use of Wheels

When moving the desk bike using the wheels, hold onto the table and tilt the desk bike to keep about 35 degrees between the frame and the floor; otherwise, the front tube may scratch the floor.

