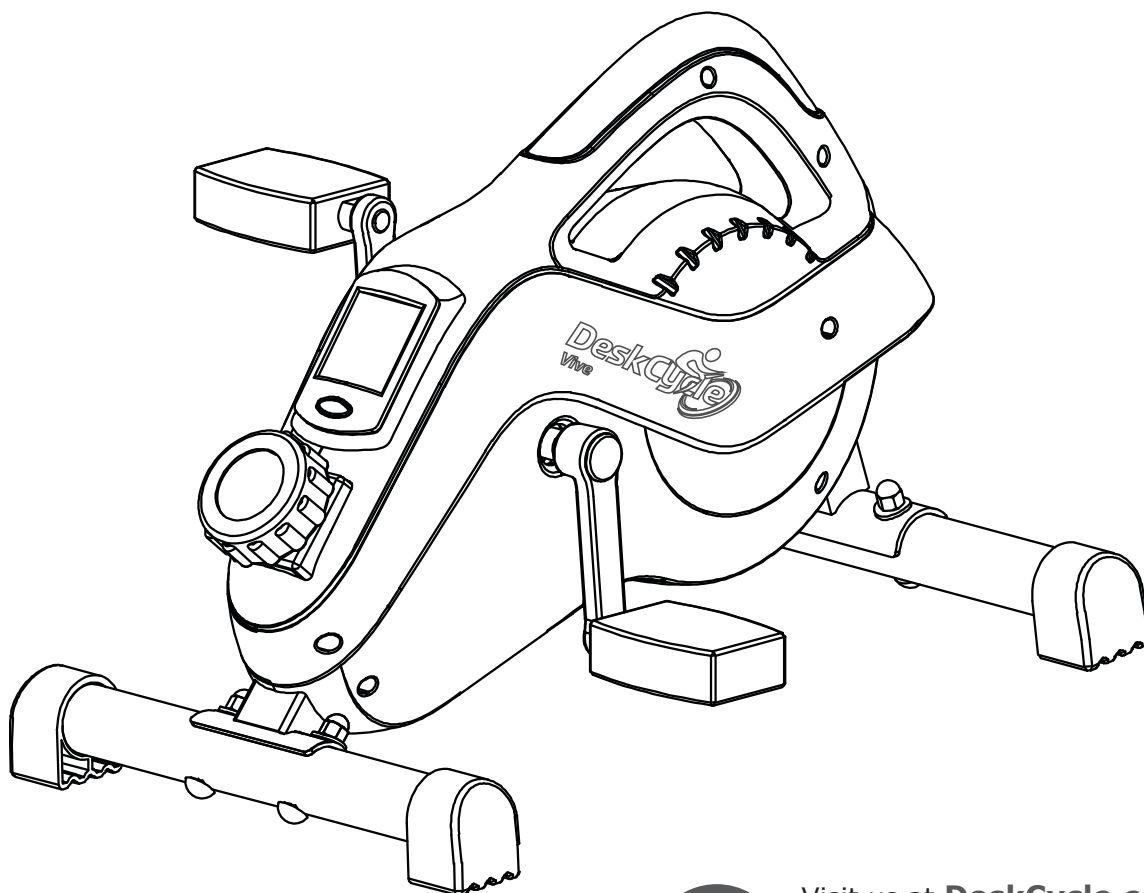




3D Innovations[®]

DeskCycle[®]

Vive
USER'S MANUAL



Visit us at **DeskCycle.com** for:

- Usage Tips
- Calorie Calculator
- Accessories
- And More

QUESTIONS / PROBLEMS



Support and Contact:
DeskCycle.com/support

Phone (US customers):
877-426-3292

Order# _____

Serial# _____

The serial number is on the bottom of the DeskCycle.



Precautions And Safety

Precautions

Failure to observe these warnings could result in physical injury or damage to the DeskCycle.

- **Do not stand on the pedals! Use the DeskCycle only while sitting. Standing on the pedals can damage the bike.**
- Use the DeskCycle indoors on a level surface. Keep the DeskCycle away from moisture and dust.
- Make sure that the pedals are screwed in as tightly as possible. Loose pedals will slowly come undone. Using the bike with loose pedals can damage the threads in the pedal arms.
- Do not subject the bike to heavy shock or treat it excessively. Do not disassemble or modify it. Doing so will void the warranty.
- The DeskCycle has sealed bearings and is maintenance free. Lubricants are not necessary and can actually damage the bike.
- Do not place the bike in a location where it will be in contact with direct sunlight or where it will be exposed to high temperatures or excessive humidity.

Safety

Warning! To reduce the risk of serious injury, please read the following safety precautions before using the DeskCycle.

- Read all instructions in this manual before using the DeskCycle. Use the DeskCycle only as described.
- It is the responsibility of the owner to ensure that all users of the DeskCycle are adequately informed of all precautions.
- **Do not stand on the pedals! Use the DeskCycle only while sitting.**
- Do not place this device in a location where it may cause an obstruction.

Consult Your Physician

It is always important to consult your physician before starting an exercise program. This is particularly true if any of the following apply to your current medical condition:

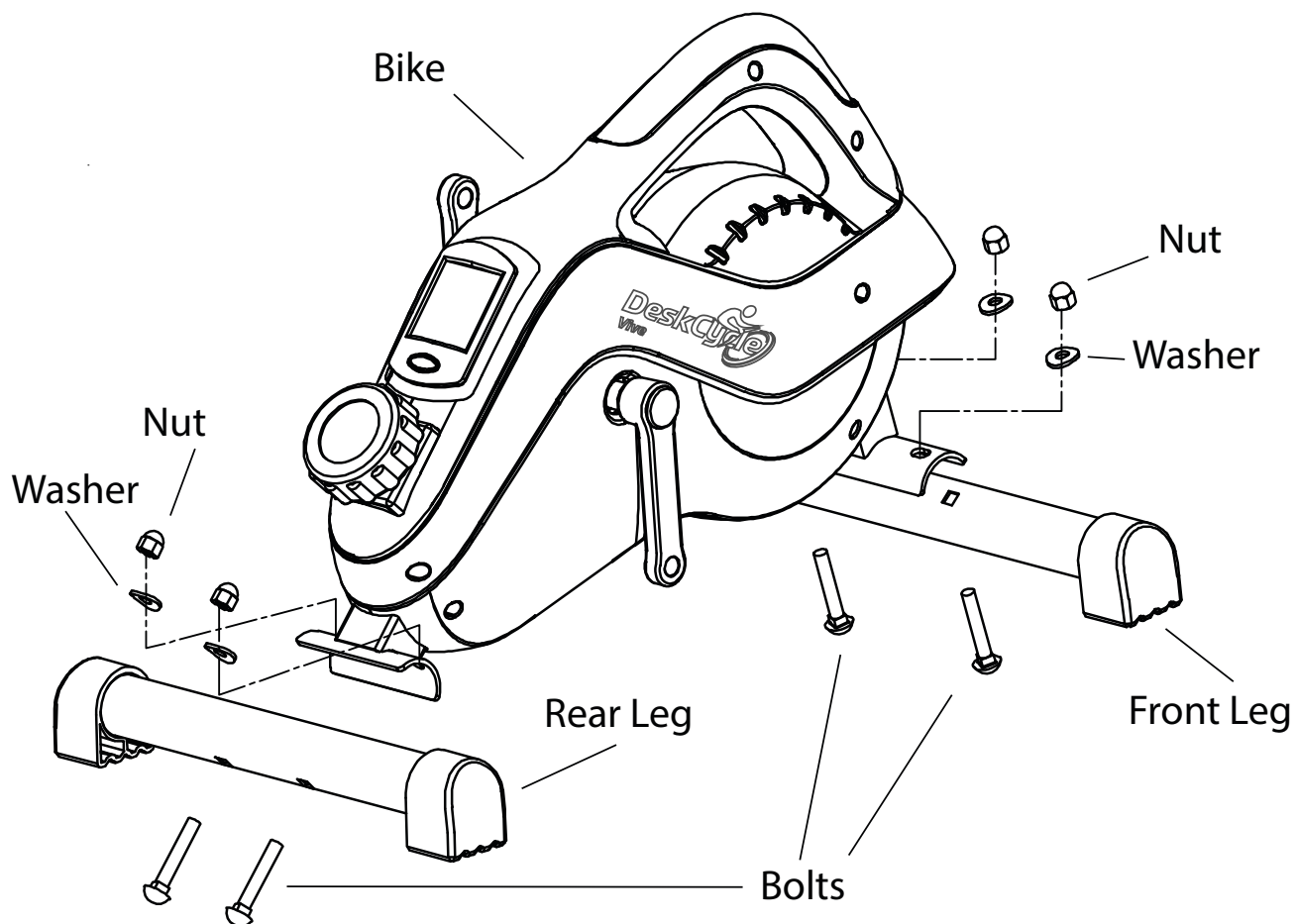
- Chest pain or pain in the neck and/or arm
- Shortness of breath
- A diagnosed heart condition
- Joint and/or bone problems
- Currently taking cardiac and/or blood pressure medications
- Have not previously been physically active
- Dizziness or blurred vision
- Those with physical handicaps should use this device only under supervision.

If none of these apply to you then start gradually and sensibly. However, if you feel any of the physical symptoms listed above when you start your exercise program, contact your physician right away. If one or more of the statements listed above applies for you, see your physician before beginning an exercise program. An exercise-stress test may be used to help plan your exercise program.

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Assembly

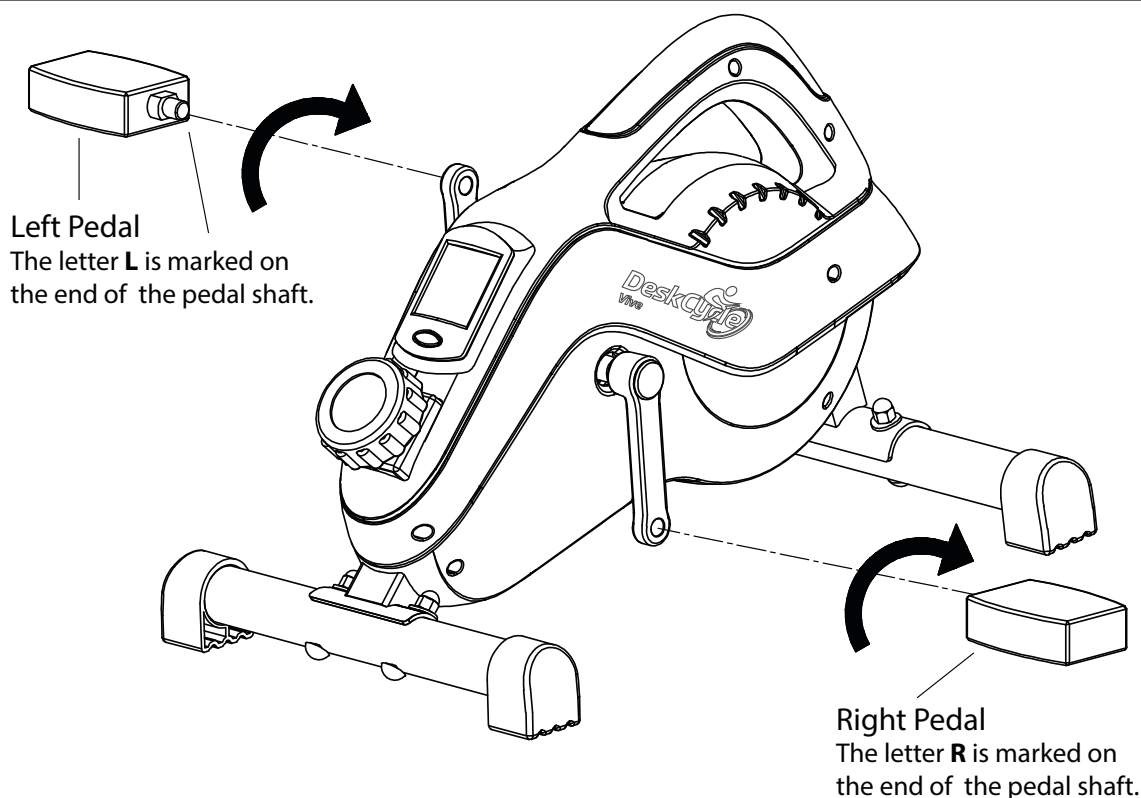


Install the Legs

The front leg is longer than the rear leg. See the drawing above.

1. Place the bike on a flat surface.
2. Attach each leg to the bike with 2 bolts, 2 washers and 2 nuts as shown in the diagram.
3. Tighten all 4 nuts by hand.
4. Make sure all 4 feet sit flat on the surface. Rotate the feet if necessary.
5. Finish tightening the nuts using the provided wrench.

Assembly (continued)



Install the Pedals

There is a *Left Pedal* and a *Right Pedal*. They are marked with an *L* for *Left* or an *R* for *Right* on the end of the pedal shaft.

- Screw the *Left Pedal* into the *Left Pedal Arm* COUNTER-CLOCKWISE. ↺
- Screw the *Right Pedal* into the *Right Pedal Arm* CLOCKWISE. ↻

Tips for Installing the Pedals:

1. Make sure the pedal is straight when you screw it in.
2. Rotate the shaft with your fingers to get the threads started.
3. If you can't get the threads started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.

Insert the Batteries into the Display

The display snaps into the bike. It's connected to the bike by a wire at the bottom of the display.

1. Carefully pry the top of the display out using your fingers.
2. Install two AAA batteries into the back of the display. Pay attention to the polarity. The battery holder shows the proper polarity.
3. Press the display back into the bike.



Using the DeskCycle

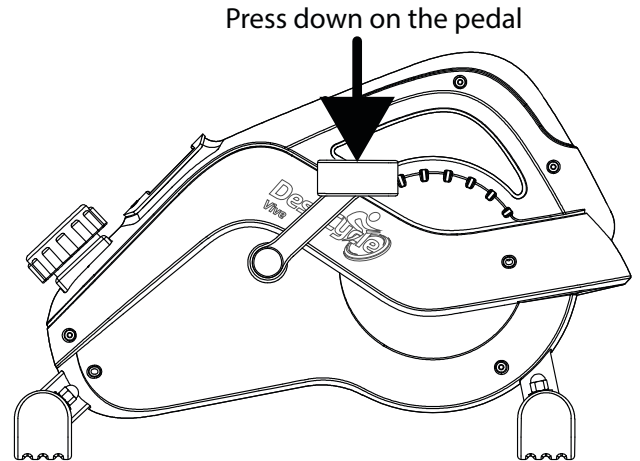
The Proper Technique for Using Under-Desk Bikes

Using the DeskCycle correctly will keep your upper body still, keep your chair from swiveling, and prevent you from pushing the bike away from you. For best results, practice using the DeskCycle as described in the steps below at the minimum resistance. Do this for a week before you increase the resistance to 2. Then use it at 2 for at least a week before increasing to 3.

Step 1. Pedal Downward

The most important advice we can give you is to pedal downward. This will keep the bike in place. If the bike moves away from you then you are not pedaling downward.

1. Begin pushing on the pedal when the pedal arm is around the 2 o'clock position. See the image to the right.
2. Pedal downward as the arrow indicates.



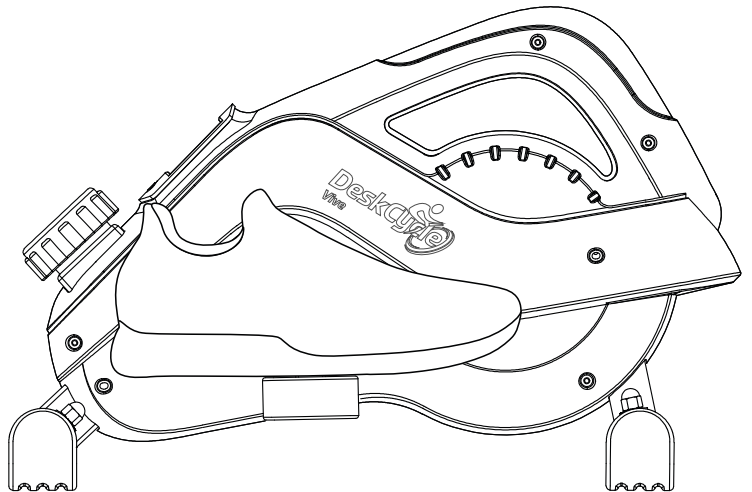
Step 2. Keep Your Upper Body Still. Pedal with Your Legs, Not Your Body.

Keeping your upper body still makes it easy to focus on your work. Your body should not move from side to side and your chair should not swivel when pedaling the bike.

- Pedal with your legs, not your body.
- Don't rock from side to side.
- Pedal downward.

Step 3. Keep Your Feet Level on the Downward Stroke

When pedaling downward, point your toes forward so that your feet are level to the ground. This will prevent your heel from hitting the ground or the rear bar. See the picture to the right for reference.



Keep the Resistance Low (3 or less) When Working at Your Desk

Most people should not exceed the resistance setting of 3 when working at their desk. Higher resistances can be distracting. However, some people do just fine on level 4. The key is to train yourself using the proper technique at the lower resistances. See the previous sections for details.

Using the DeskCycle (continued)

Ergonomic Considerations

1. Keep your Back Supported

If your chair seat is too deep, you may need to sit towards the front of your chair in order to use the bike. In this case you should place a lumbar cushion behind your back for support.

2. Sit up Straight

Don't slouch. Sitting up straight while using the DeskCycle will help strengthen your core. It's also good for your spine.

For more details go to DeskCycle.com/how-to-use.

Exercise Your Arms

For an excellent arm workout, place the DeskCycle on top of your desk and pedal with your arms.

Getting Cardio Workout with the DeskCycle

The following steps demonstrate how to do this.

1. Set the pedal resistance to 4.
2. Sit in a taller chair so that you pedal downward on the pedals.
3. Pedal the bike at a speed of at least 30 mph.

Within a few minutes your legs will burn and your heart rate will quickly elevate. Most people won't be able to maintain 30 mph for more than a few minutes.

Note, this is for demonstration purposes only!

For actual workout suggestions, go to DeskCycle.com/exercise-suggestions.

Other Times to Use the DeskCycle

Use the DeskCycle while:

- Working at your desk
- Watching television
- Playing video games
- Reading a book
- Using your phone
- Other times when you're sitting and your legs are free

Adjusting the Resistance

Adjusting the Pedal Resistance

- There are 8 tension settings.
- The arrow points to the current tension setting.
- The higher the number, the higher the pedal resistance.



Using the Display

There are two numbers on the display; one on the top and one on the bottom. See the image below.

- The *Top Number* always displays an estimate of your pedal speed in miles per hour.
- The *Bottom Number* displays Distance, Calories, Odometer, Revolutions Per Minute and Time.

The Display Button

Press the button on the display to select which value the bottom number displays. The arrow will point to what the bottom number is displaying.

For example, in the picture the arrow points to TIME so the bottom number is displaying time.

Press the button until the arrow points to what you want the bottom number to display.

DIST (Distance)

When an arrow points to DIST, the bottom number displays an estimate of the total number of miles you've pedaled since the display was last reset. For a more accurate distance estimate, use the online software or our iPhone app. See the next two pages.

CAL (Calories)

When an arrow points to CAL, the bottom number displays an estimate of the number of calories burned since the display was last reset. For a more accurate calorie estimate, use the online software or our iPhone app. See the next two pages.

ODO (Odometer)

When an arrow points to ODO, the bottom number displays an estimate of the total number of miles you've pedaled. Note that ODO is not resettable. It's like the odometer on your car. For a more accurate distance estimate, use the online software or our iPhone app. See the next two pages.

RPM (Revolutions Per Minute)

When an arrow points to RPM, the bottom number displays your average pedal speed in Revolutions Per Minute.

SCAN (Cycle Through All Values)

SCAN is special. If an arrow points to SCAN, the bottom number will change what is displayed every 5 seconds. A second arrow will point to the value that is currently being displayed.

TIME (Minutes and Seconds)

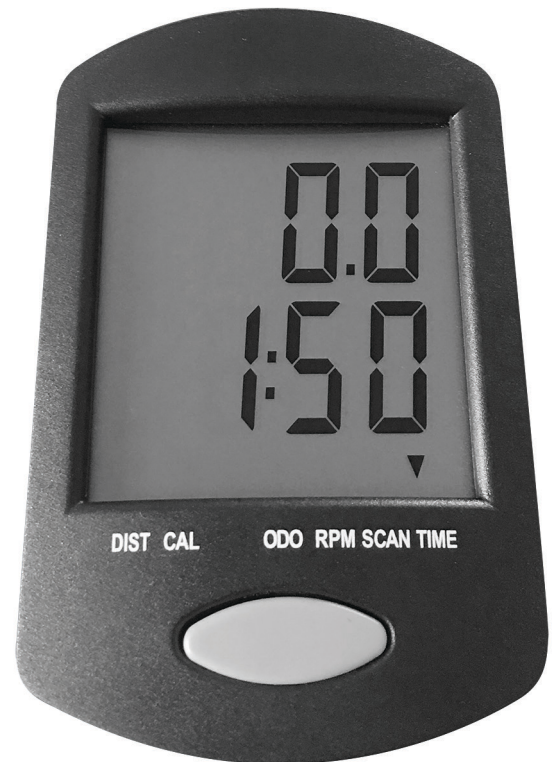
When an arrow points to TIME, the bottom number displays the total number of minutes and seconds you've used the bike since the display was last reset.

How to Reset DISTANCE, Time and Calories

Time, Distance and Calories are accumulated as you pedal. To reset these all to zero, simply press and hold the display button for about 4 seconds. Note that the Odometer value does not reset.

How to Turn the Display On and Off

The display automatically turns on when you pedal the bike. You can also turn the display on by pressing the display button. The display automatically turns off a few minutes after you stop pedaling.



Free Online Calorie Calculator / Logger

A Much more Accurate Calorie, Speed and Distance Estimate

Only very expensive ergometers measure power. Power measurement is required for a decent Calorie speed and distance estimate. However most true ergometers don't take into account the physical characteristics of the person using the bike. Without these, the Calorie estimate can be off by more than 100%.

Our online Calorie Calculator calculates the power and includes the persons physical characteristics to improve the Calorie estimate.

Results

The Calorie Calculator provides the following results:

- Calories burned
- Equivalent Footsteps
- Equivalent Distance walked
- Equivalent Miles Ridden on a road bike
- Revolutions, RPM and Pedal Strokes
- Power, Torque and Force

Activity Logging

After you calculate the calories above, simply press the *Save Results to My Account* button to log your results to the server.

Viewing Your Progress

You can view your progress for any Day, Week and month that you logged your activity.

Save Footsteps to your Fitbit® Account

Your equivalent footstep count can be automatically uploaded to your Fitbit® account.

The Calorie Calculator and Logger is free and is located at **DeskCycle.com/calorie-calculator**.

Calorie Calculator

The DeskCycle iPhone App is now available on the App Store!

Calculator Settings Help

Level (From Resistance Dial)

2

Time (From Display)

60 minutes (1 hours, 0 minutes)

Distance (From Display)

15 miles (24.1 km)

Date of Activity

Today

Calculate Calories

Results

Close

Today

Duration 60 minutes

Display Distance 15 miles (24.1 km)

Calories Burned Sitting 92

Extra Calories Burned Pedaling 79

Total Calories Burned 171

Distance 1.51 miles (2.42 km)

Steps 3418

Road Bike Speed 8 mph (12.9 kph)

Road Bike Distance 8 miles (12.9 km)

Average Pedal RPM 60 rpm

Pedal Revolutions 3600

Pedal Strokes 7200

Average Power 14.8 Watts

Average Torque 20.8 in-lbs

Average Tangential Force 6 lbs

Save Results to My Account

DeskCycle Progress

Days Weeks Months All Time



Calories



Miles, km



Minutes



Steps

Today				Sun - July 14, 2019
0	0.0, 0.1	0	13	
Yesterday				Sat - July 13, 2019
260	25.8, 41.5	187	11,250	
2 Days Ago				Fri - July 12, 2019
228	18.2, 29.3	129	8,755	
4 Days Ago				Wed - July 10, 2019
113	9.6, 15.4	67	4,567	
5 Days Ago				Tue - July 9, 2019
20	2.1, 3.3	13	942	

Close

Free iPhone App

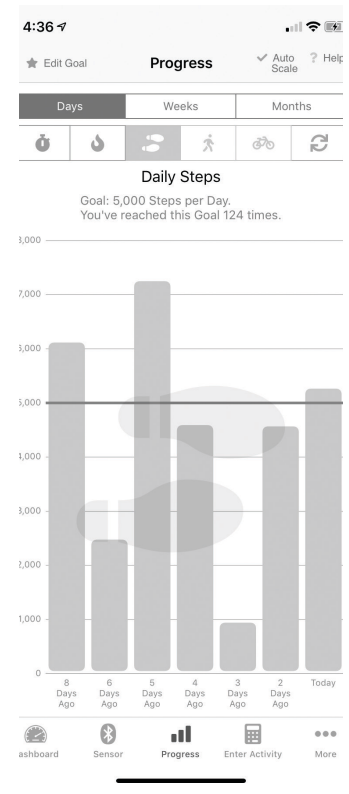
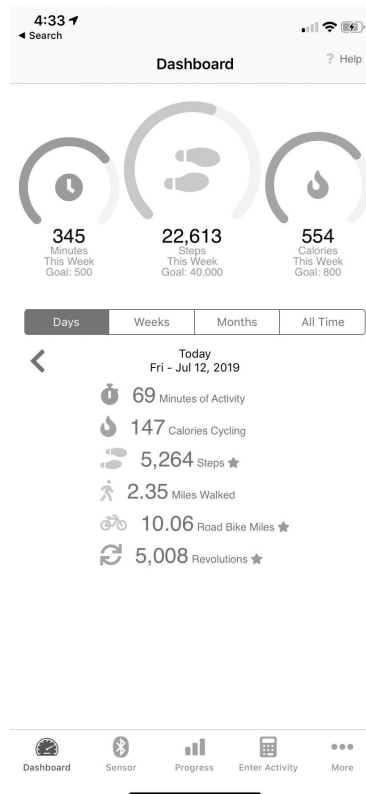
iPhone App Features

The iPhone app has more features than the online Calorie Calculator. Search for *DeskCycle* in the App Store.

Features:

- View 18 different progress graphs
- Set up to 18 different goals
- Keep track of your favorite 3 goals on the Dashboard.
- View your activity for any Day, Week or Month that you've used the bike.
- Upload your activity to your Fitbit® account.
- Upload your activity to your Apple Health® account

You can enter data manually or you can get the optional Bluetooth® sensor to automatically log your activity for you.



Optional Bluetooth Sensor for iPhone App

Automatically Logs your Activity

When used with the iPhone app your activity will be automatically uploaded to your account. Your Fitbit and Apple Health accounts are also updated if they are enabled.

Real-Time Display

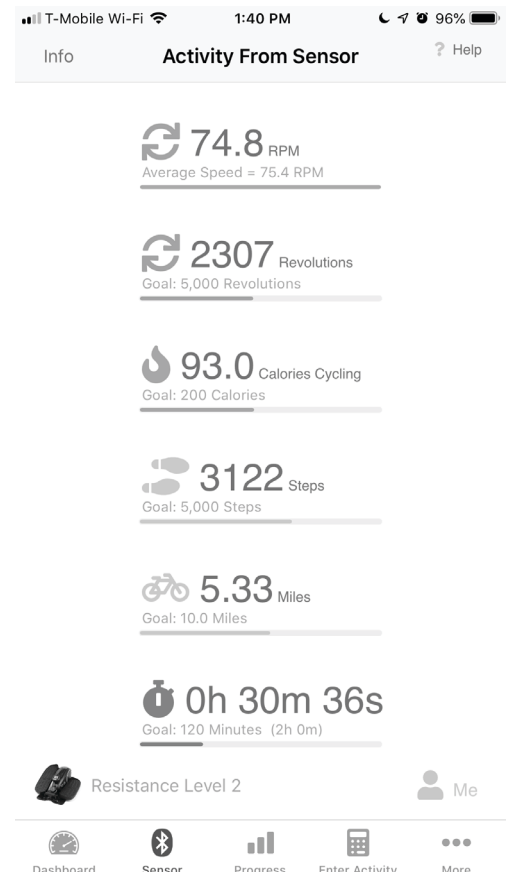
The real-time display (shown on the right) keeps track of your sensor activity for the current day.

There are six results displayed. Each result is configurable. There are 14 different values to choose from. You can also hide any of the results.

Goal Progress Bar

Some of the results can have a goal associated with them. In this case if the goal is set, a progress bar will be displayed below the result.

The Bluetooth sensor is available at DeskCycle.com.



Optional Sit-Brake Casters

Sit-Brake Casters

If using the DeskCycle on a smooth floor with wheels on your chair, it may roll away from the bike. If your chair doesn't already have them you can get locking casters for your chair and lock the wheels when you use the bike.

An alternative is to replace the casters on your chair with sit-brake casters. These keep your chair in place when you are sitting down, and allow the chair to roll when you are not sitting on your chair. These are available at DeskCycle.com.



Care and Maintenance

Care

Do not stand on the pedals! The DeskCycle was not designed to be used while standing.

Maintenance

The DeskCycle requires no maintenance.

Support

For answers and support go to DeskCycle.com.

Full One Year Warranty

We stand behind our products. The DeskCycle and its accessories are covered by a full one-year warranty on all parts and labor. **This warranty is for US customers only.** Outside of the US, the warranty depends on your local distributor. The support contact link for your country can be found on the Contact Us page at DeskCycle.com.

What Is Covered?

We warrant the DeskCycle against defects in material or workmanship for a full year from the date of purchase.

- **Parts:** All parts are covered under this warranty.
- **Labor:** All labor is covered under this warranty.
- **Shipping:** All shipping is covered by this warranty.

What Is Not Covered?

This warranty does not cover damage caused by neglect, abuse or misuse.

How do I get Service?

Contact us through 3DInnovations.com, DeskCycle.com or contact the store that you purchased it from.

No Need to Register for the Warranty

We don't put our customers through the hassle of registering for their warranty. If you purchased the bike in the US and use it in the US, you are automatically covered.



3DInnovations.com

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