

MagneTrainerTM-ER

Extended Range



User Manual

SKU: DSK-SPO-MgTrainer

Need Help? We're Here For You

Mon-Fri: 7am-7pm & Sat: 8am-4pm [CST]

309-278-5303 ext. 1
support@deskcycle.com

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Important Information

****Please Read****

General Notice:

If you do not understand these directions, or if you have any doubts about the safety of the installation, please contact our product support team at 309-278-5303 or help@deskcycle-us.com for further assistance. Check carefully to make sure there are no missing or defective parts. Improper installation may cause damage or serious injury. Do not use this product for any purpose that is not explicitly specified in this manual. Do not exceed weight capacity. We cannot be liable for damage or injury caused by improper mounting, incorrect assembly or inappropriate use.

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Missing Parts:

If any parts are received damaged / defective OR you are missing a part, please reach out to us ***within 30 days of product delivery*** to have it replaced at no cost.

PLEASE NOTE: Failure to report missing parts within the stated time frame ***may result in denial of free replacement.***

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Returns:

We offer a hassle-free 30 day return on all products. Contact customer support at 309-278-5303 or help@deskcycle-us.com. Please note: For items ordered in error or no longer needed, the return shipping charges will be at the buyer's expense.

Warnings

****Please Read****

Failure to read the following warnings may result in personal injury or property damage:



WARNING: CHOKING HAZARD

SMALL PARTS - NOT FOR CHILDREN UNDER 3 YEARS. ADULT SUPERVISION IS REQUIRED.



DO NOT STAND ON THE PEDALS

Standing on the pedals can cause personal injury or property damage. Use while sitting only.



DO NOT LUBRICATE

The DeskCycle contains sealed bearings that provide many years of maintenance-free use. Lubrication is not needed and may contain chemicals that can damage the bearings.



REMOVE BUNGEE GRIPS BEFORE USE

The Bungee Grips should only be used to secure the pedals for transportation. Never pedal the DeskCycle with Bungee Grips in place.

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.



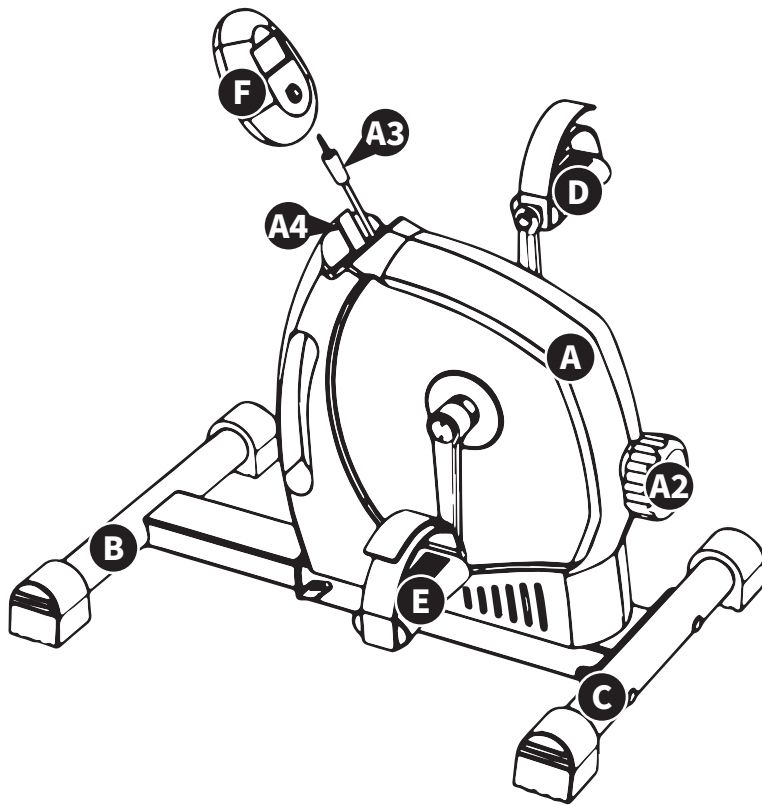
Precautions

- Only use the DeskCycle indoors on a level surface. Keep the DeskCycle away from moisture and dust.
- Make sure the pedals are screwed in tightly. Loose pedals will slowly become undone.
- Do not subject the bike to heavy shock or treat it excessively
- 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

For Your Safety

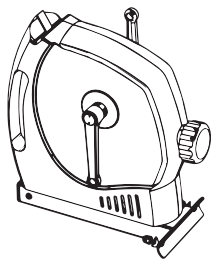
- Read all instructions in this manual before using the DeskCycle. Use the DeskCycle only as described.
- It is the responsibility of the owner to ensure that all users of the DeskCycle are adequately informed of all warnings and precautions.
- Do NOT stand on the pedals. Use only while sitting.
- Do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

Product Overview

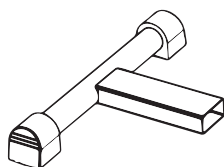


- A Bike:**
The primary component, to which the legs, pedals, and display are attached.
- A2 Tension Dial:**
Use to adjust the pedal tension. Adjust the tension indicator higher to increase tension, and lower to decrease tension.
- A3 Power Connector:**
Connects power from Display to Bike.
- A4 Display Bracket:**
Secures the Display to the DeskCycle.
- B Large Leg:**
Provides stability at the front end of the Bike.
- C Small Leg:**
Provides stability at the rear end of the Bike.
- D Left Pedal:**
Use to pedal with your left foot.
- E Right Pedal:**
Use to pedal with your right foot.
- F Display:**
Displays current data about the DeskCycle (see page 9). Requires 2x AA batteries.

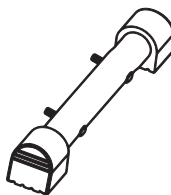
Package Contents



A (x1)
Bike



B (x1)
Large Leg



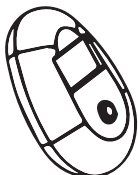
C (x1)
Small Leg



D (x1)
Left Pedal



E (x1)
Right Pedal



F (x1)
Display



G (x2)
AA Battery



H (x1)
Tether

Included Hardware & Tools



S-A (x2)
Nut



S-B (x2)
Washer



S-C (x1)
Thumbscrew

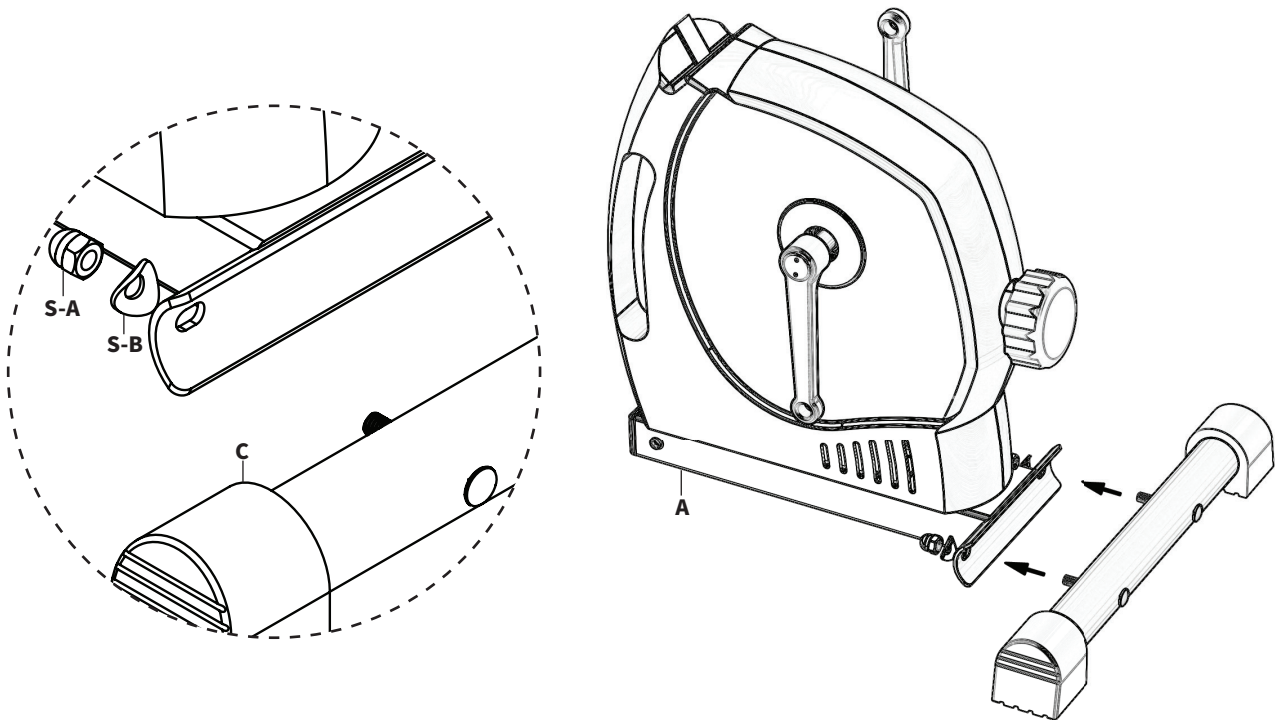


T-A (x1)
Wrench

Assembly Steps

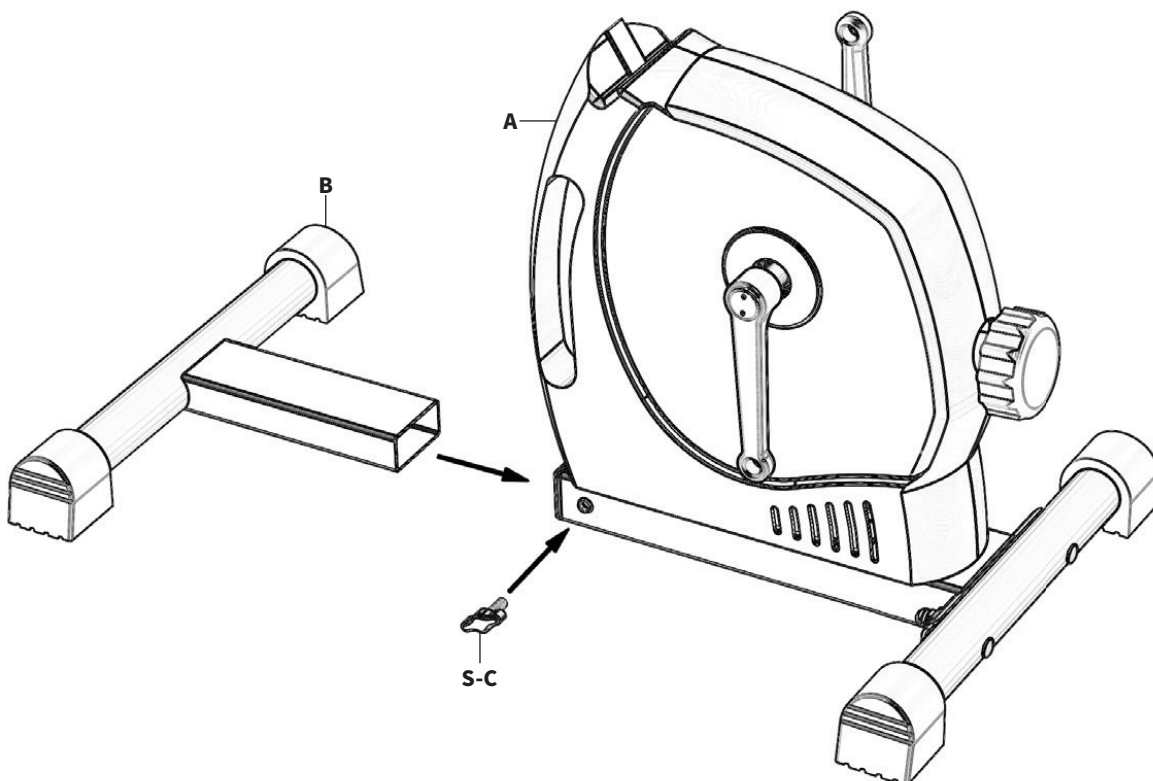
Step 1: Install Small Leg

Remove the Nuts (**S-A**) and Washers (**S-B**) from the Small Leg (**C**). Attach Small Leg to Bike (**A**), as shown, using Nuts and Washers. Do not fully tighten Nuts.



Step 2: Install Large Leg

Insert Large Leg (**B**) into the Bike (**A**) extend Large Leg to the maximum extension that fits your under-desk space. Secure by threading Thumbscrew (**S-C**) into the side of Bike.



Step 3: Install Pedals

Install the Left Pedal (**D**) into the **Left Arm** by screwing the Pedal into the Arm counter-clockwise ↺

Install the Right Pedal (**E**) into the **Right Arm** by screwing the Pedal into the Arm clockwise ↻

Tighten with Wrench (**T-A**). Ensure that the Pedals are as tight as possible.

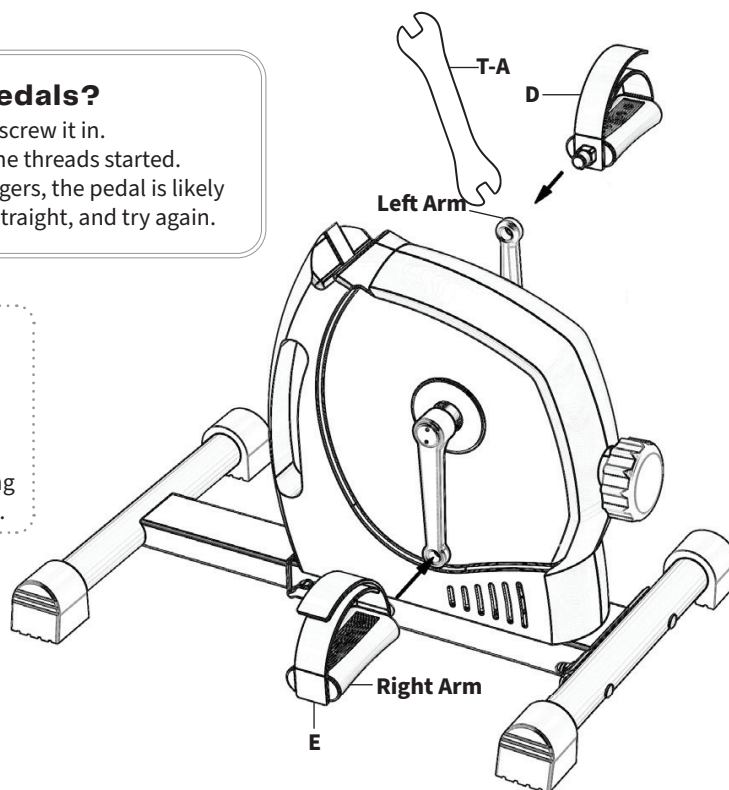


Having Trouble Installing Pedals?

- Make sure the pedal is straight when you screw it in.
- Rotate the shaft with your fingers to get the threads started.
- If you can't start the threads with your fingers, the pedal is likely cross-threaded. Unscrew it, ensure it's straight, and try again.

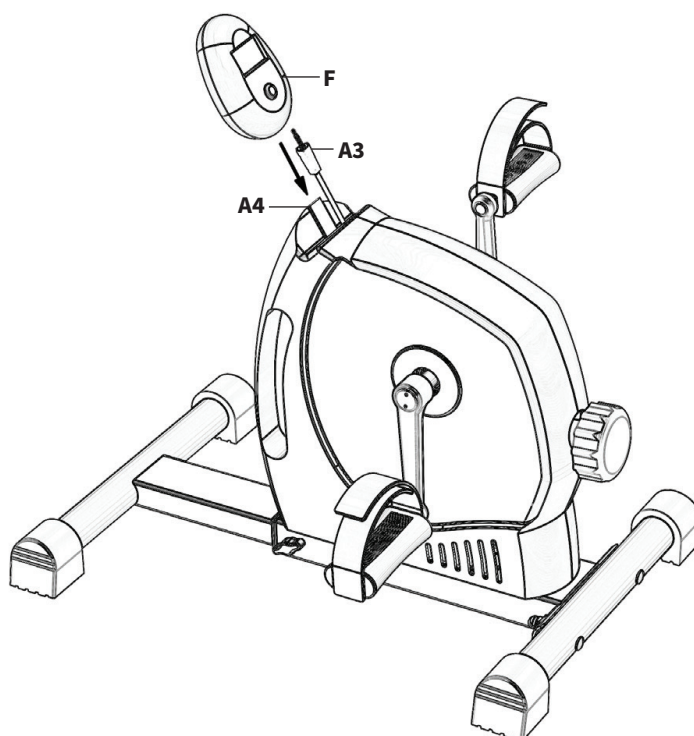
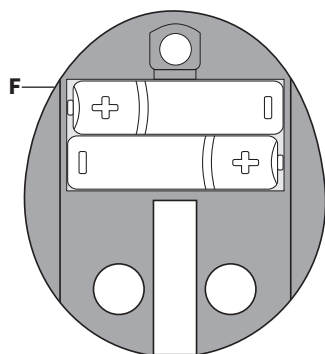
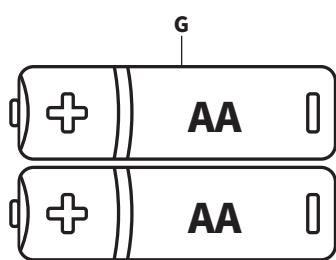


The Right and Left Pedals (**D,E**) have the corresponding letters "R" and "L" on them.

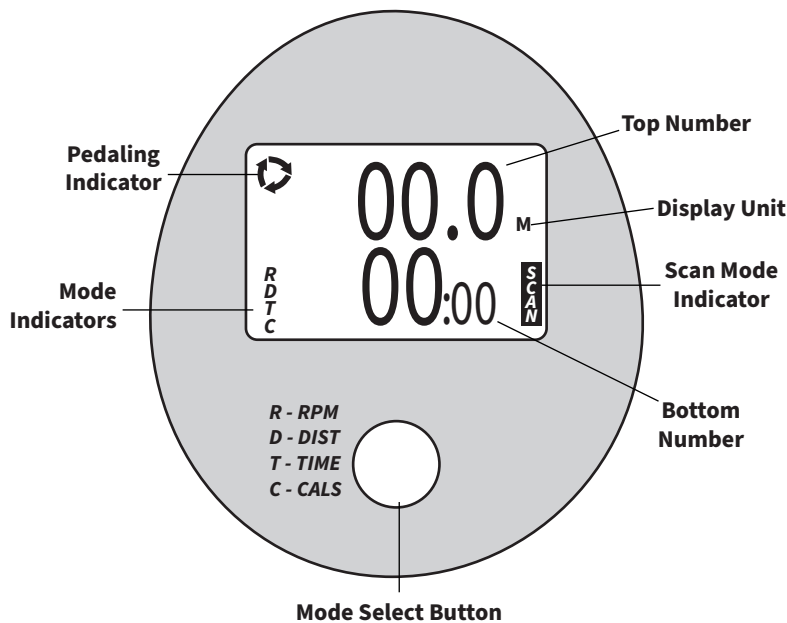


Step 4: Installing the Display

Remove the cover from the back of Display (**F**) and insert AA Batteries (**G**) as shown. Reinstall the cover. Plug the Power Connector (**A3**) into Display. Slide Display onto the Display Bracket (**A4**).



Display Overview



Pedaling Indicator

Displays when device is pedaling.



Top Number:

Displays Speed. An M beside the top number indicates Miles Per Hour, while a K indicates Kilometers per hour.



Bottom Number:

Can display RPM, Distance, Time, or Calories.



Scan Mode Indicator:

Displays when device is in SCAN mode.



Mode Select Button:

Short press to change mode. Long press to reset counters.



Mode Indicators:

Displays the current mode

Operating the Display

Power

The **Display** requires 2x AA batteries to be powered. The display automatically powers on when the DeskCycle is pedaled or when the **Mode Select Button** is pressed. The display automatically powers off a few minutes after the pedaling has stopped.

Choosing a Mode

The **Lower Number** can display the five unit tracking modes listed below. Short press the **Mode Select Button** to cycle through them. Please note that all four units are tracked simultaneously and that switching the mode only changes which unit is currently displayed.



RPM:

RPM mode displays the current average *Revolutions Per Minute*. This mode is active if *R* is displayed on the lower left corner of the screen.



TIME:

TIME mode displays the total amount of time spent cycling since the last time data was reset. This timer will automatically pause when you stop pedaling and resume when you continue pedaling. This mode is active if *T* is displayed on the lower left corner of the screen.



DIST:

DIST mode displays the estimated distance you've pedaled since the display was last reset. The Display can track Miles (M) or Kilometers (K). To change which unit is displayed, follow the instructions for **Changing the Display Unit** below.



CALS:

CALS mode displays an estimate of the total amount of calories burned from the usage of the DeskCycle since the last reset. This mode is active if *C* is displayed on the lower left corner of the screen.



SCAN:

SCAN mode automatically cycles through the three modes listed above. When this mode is active, the **Lower Number** and the **Mode Indicator** will update every 5 seconds. This mode is active if *SCAN* is displayed on the lower right corner of the screen.

Resetting the Display

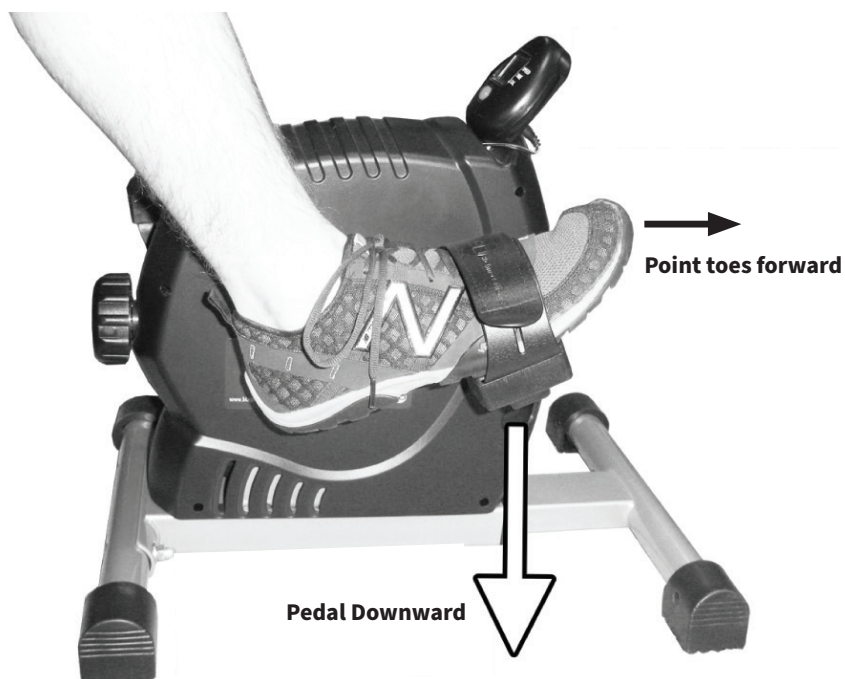
To reset all the unit tracking data back to zero, press and hold the **Mode Select Button** for approximately 3 seconds. Please note that it is not possible to reset just one or two of the units.

Changing the Display Unit

To switch the display unit from Miles (M) to Kilometers (K) or from Kilometers (K) to Miles (M), press and hold the **Mode Select button** for 6 seconds. Please note that changing the display unit will also reset any accumulated tracking data.

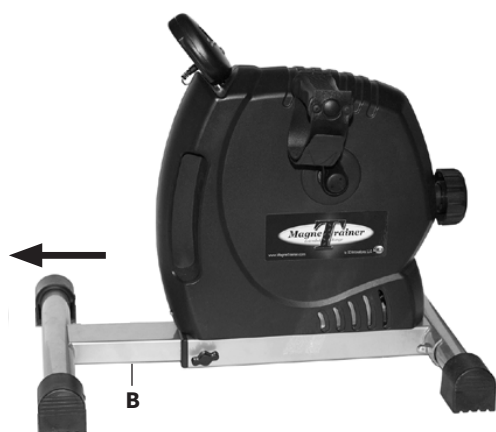
Using the Bike with Legs

Point your toes forward so that your feet are parallel to the ground. This will prevent your heel from hitting the ground or the rear bar.



To keep the Bike in place, apply downward force while pedaling.

Other Ways to Stabilize the Bike



Extend the Large Leg (B)

Loosen the Thumbscrew (S-C) and extend the Large Leg, then re-tighten the Thumbscrew.



Use the Tether (H)

Loop the Tether around your chair and around the front of Bike as shown.

Using the Bike with Arms

Place the bike on a table top to exercise your arms. The bike can be pedaled in both directions to work different muscle groups.



Tension Dial

Adjusting the Pedal Resistance

Use the Tension Dial (**A2**) to adjust the resistance of the pedals. Turn the dial clockwise to increase the tension, and turn the dial counter-clockwise to decrease tension.

Note: It takes over 5 complete rotations to adjust from minimum tension to maximum tension, allowing fine control of the tension.



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