

*DeskCycle₂*TM



User Manual

SKU: DSK-SPO-DESKCYCLE-2/BLK/GRY

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

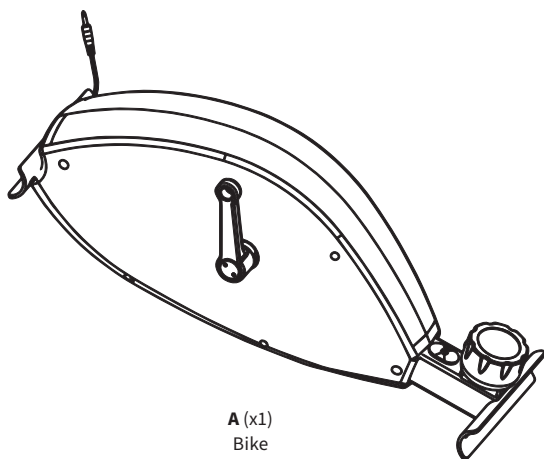
- Read all instructions in this manual before using the DeskCycle. Use the DeskCycle only as described.
- It is the responsibility of the owner to ensure that all users of the DeskCycle are adequately informed of all warnings and precautions.
- Do NOT stand on the pedals. Use only while sitting.
- Do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

Product Overview

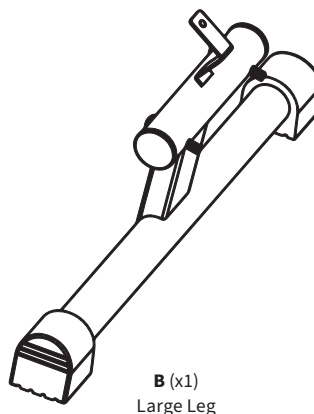


- | | |
|---|---|
| A Bike:
The primary component, to which the legs, pedals, and display are attached. | B Large Leg:
Provides stability at the front end of the Bike. |
| A2 Tension Dial:
Use to adjust the pedal tension. Adjust the tension indicator higher to increase tension, and lower to decrease tension. | C Small Leg:
Provides stability at the rear end of the Bike. |
| A3 Connector:
Connects Display to Bike. | D Left Pedal:
Use to pedal with your left foot. |
| A4 Display Bracket:
Secures the Display to the DeskCycle. | E Right Pedal:
Use to pedal with your right foot. |
| | F Display:
Displays current data about the DeskCycle (see page 11). Requires 2x AA batteries. |

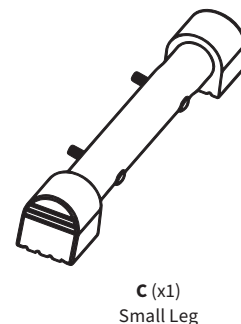
Package Contents



A (x1)
Bike



B (x1)
Large Leg



C (x1)
Small Leg



D (x1)
Left Pedal



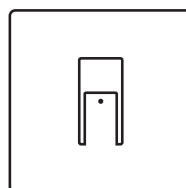
E (x1)
Right Pedal



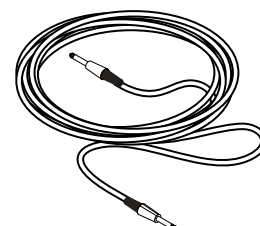
F (x1)
Display



G (x2)
Battery



H (x1)
Display Stand



I (x1)
Extension Cable

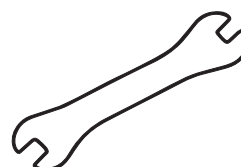
Included Hardware & Tools



S-A (x4)
Nut



S-B (x4)
Washer

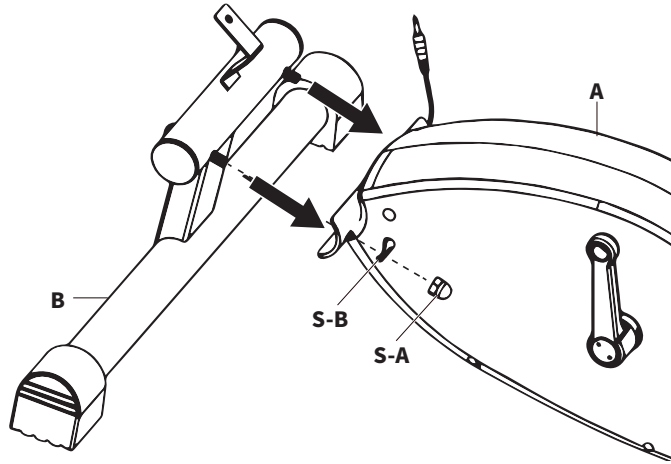


T-A (x1)
Wrench

Assembly Steps

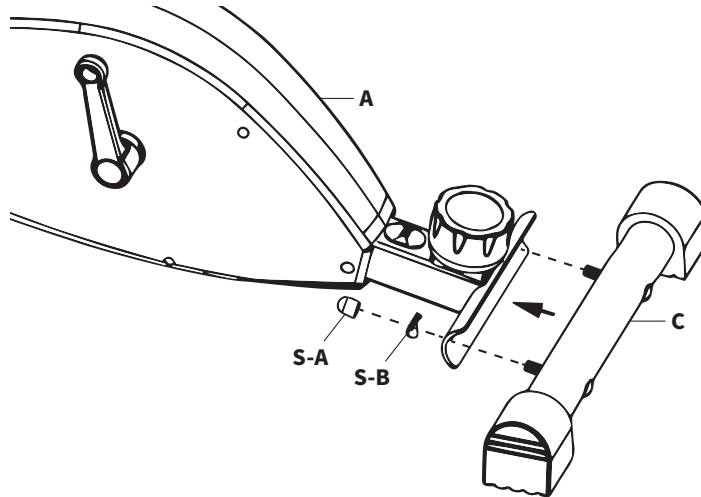
Step 1: Install Large Leg

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



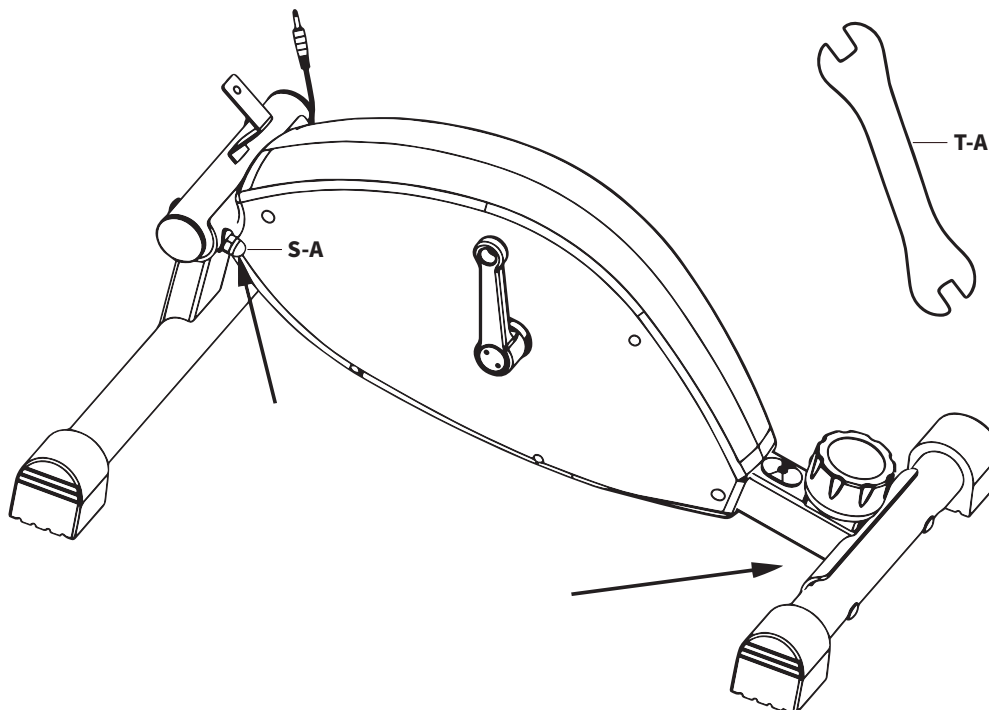
Step 2: Install Small Leg

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 3: Level Bike and Tighten Nuts

Place Bike Assembly onto a smooth flat surface. Tighten all Nuts (**S-A**) using the Wrench (**T-A**).

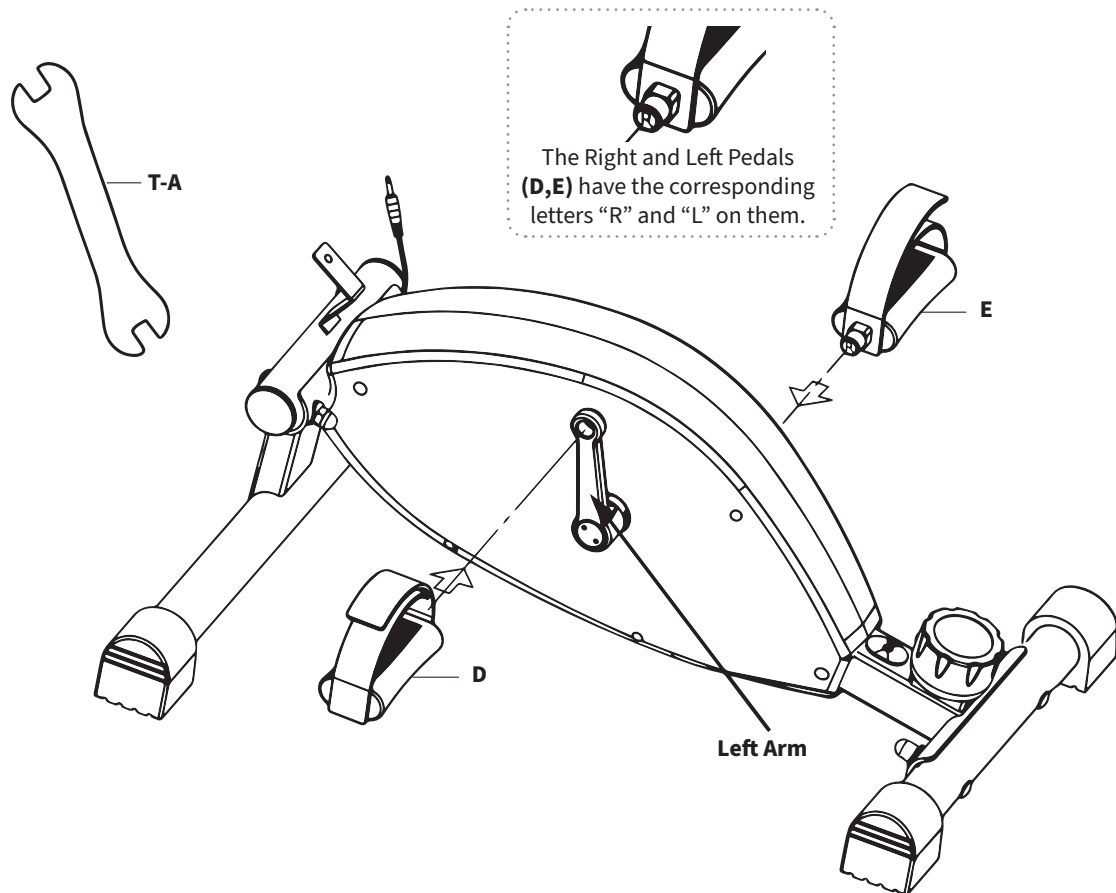


Step 4: Install the Pedals

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 counter-clockwise ↺

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

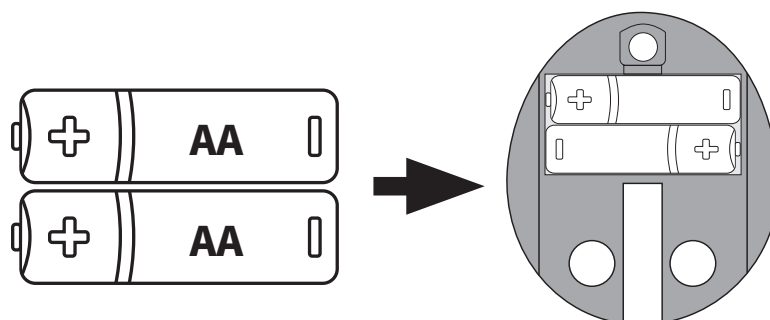


Having Trouble Installing Pedals?

- 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.

Step 5: Insert Batteries into Display

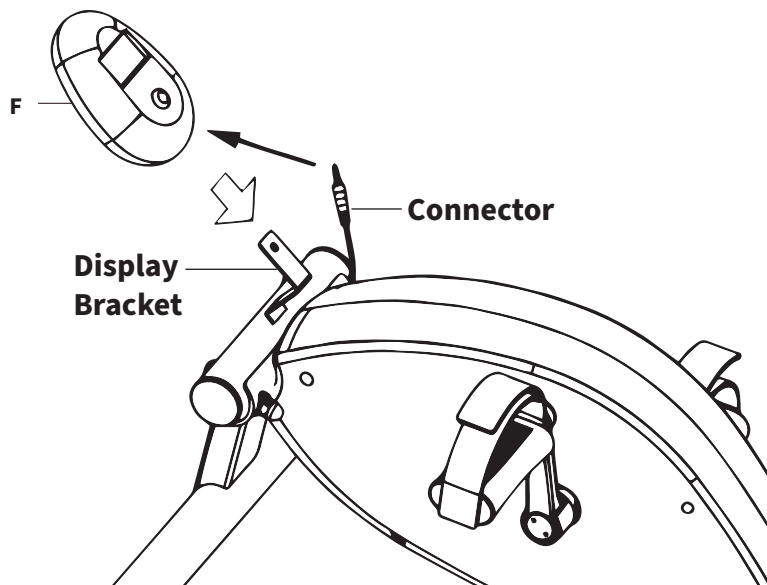
Remove the cover from the back of Display (**F**) and insert AA Batteries (**G**) as shown. Reinstall the cover.



Step 6: Install the Display

Option 1: Bike Mount

Plug the **Connector** into Display (**F**). Slide Display onto the **Display Bracket**.



OR

Option 2: Display Stand

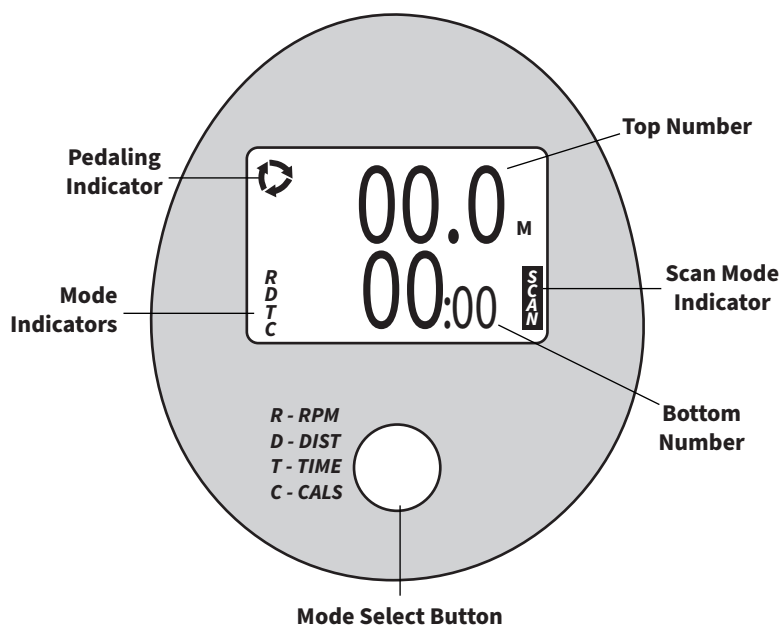
Plug one end of the Extension Cable (**I**) into the back of Display (**F**). Slide Display onto Display Stand (**H**). Plug the other end of the Extension Cable into the **Connector Port** on the Bike Assembly.



Caution

Route the wire carefully so it won't be in the way of your feet during pedaling.

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 DeskCycle

Follow the instructions below to properly use the DeskCycle.

Before Use

Before accumulating data using this device, ensure the display is tracking in your preferred unit of measurement. Follow the **Changing the Display Unit instructions** on Page 11 to switch the unit of measurement to Miles (M) or Kilometers (K).

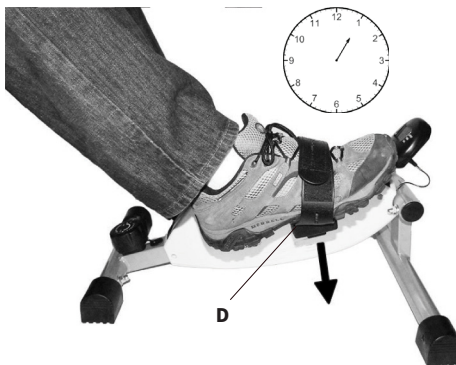
Foot Positioning

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.



Pedaling Technique

1. Begin pushing down on the Pedal (**D,E**) when the Pedal Arm is at the 1 o'clock position (just past the highest Pedal position).



2. Stop applying force to the Pedal when it's at its lowest position. Repeat with opposite foot.



Tips for Optimal Usage

- Begin at minimum resistance. Do this for a week before increasing resistance to 2. After a week at 2, increase resistance to 3.
- Keep your upper body still.
- Keep your back supported.
- Sit up straight.



Warning: NEVER stand on the Pedals

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

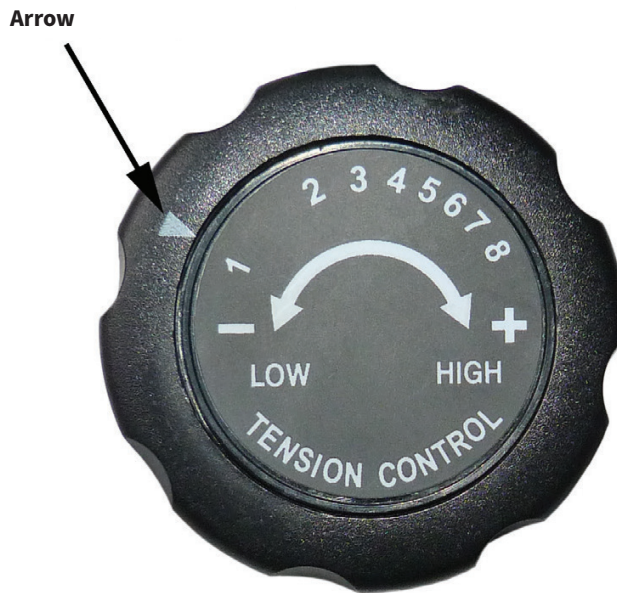


*DeskCycle works best under desks **27.1" (69cm)** or taller*

Tension Dial

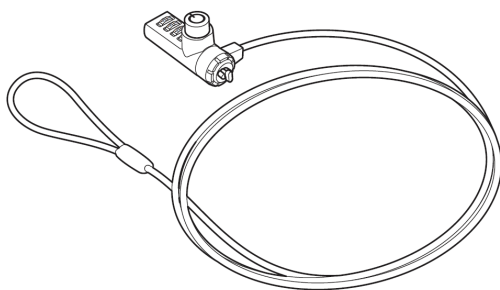
Adjusting the Pedal Resistance

The **Tension Dial** provides 8 different tension settings, with 1 being the lowest and 8 being the highest. Turn the dial so that the **Arrow** points at the desired tension setting.

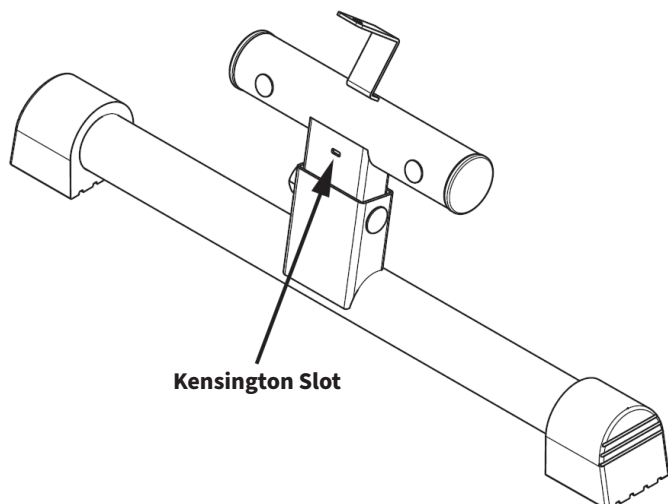


Locking to Your Desk

The DeskCycle has a **Kensington Slot** on the front. A Kensington Lock (not included) can be used to lock the DeskCycle to your desk.



Kensington Lock
(not included)



Kensington Slot

Velcro Strap

Only Needed for Slick Floors

If your chair and DeskCycle slide away from each other due to a slick floor, follow the directions below to install the included velcro strap.

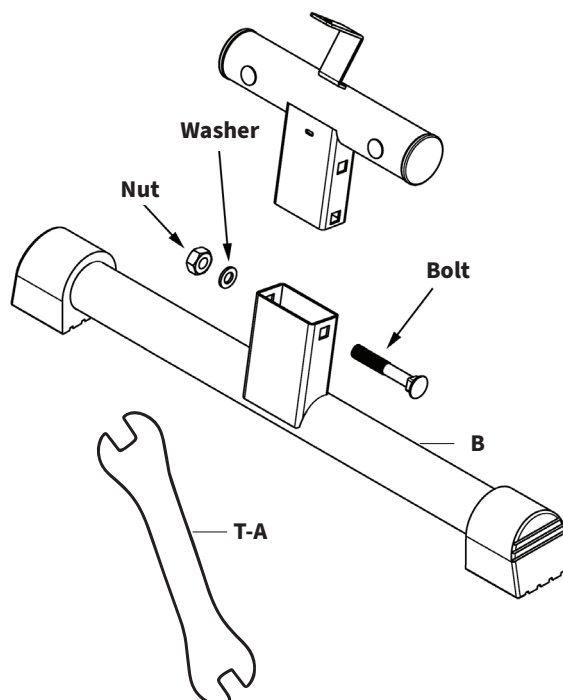


1. Position the bike at a comfortable distance from your chair.
2. Route the **Velcro Strap** as shown in the image above.
3. Securely fasten the velcro.
4. Readjust as necessary.

Raising the Bike Height

Follow the steps below to raise the height of the Bike by one extra inch.

1. Place the Bike on a flat hard surface.
2. Remove the Nut, Washer, and Bolt from Large Leg (B).
3. Set the Leg to desired height.
4. Replace Bolt, Washer, and Nut, tightening the Nut with Wrench (T-A).

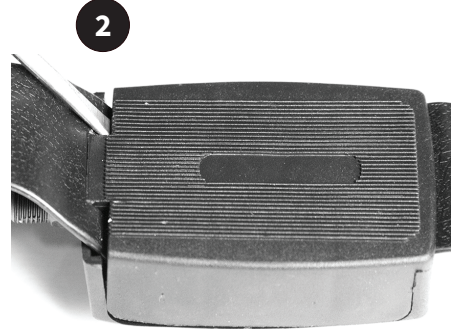


Pedal Strap Removal

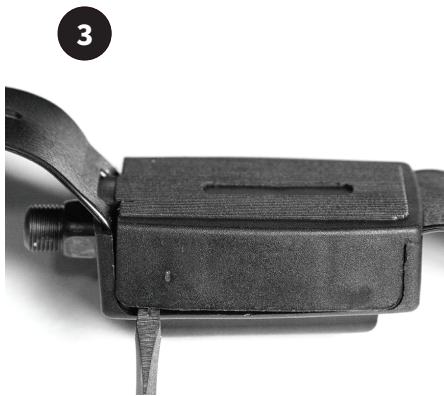
If you prefer to use the bike without Pedal Straps, follow the directions below to remove the Straps from the Pedals.



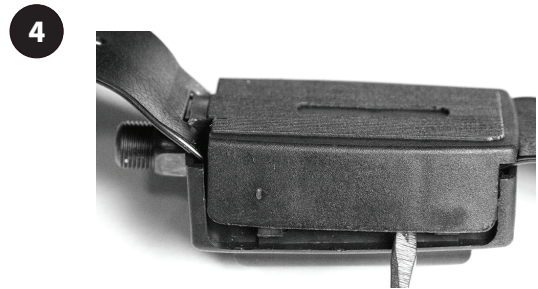
Insert a flat screwdriver into one of the side slots, as shown. Rotate the screwdriver to pry the halves apart. You should hear a slight pop as the snap-fittings come loose.



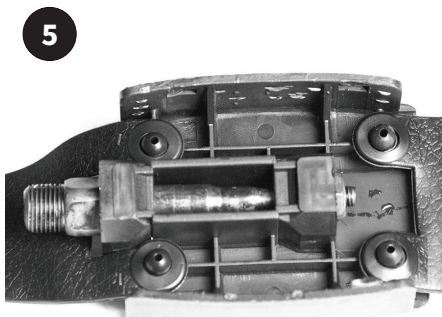
Insert the screwdriver into the second slot and repeat step 1.



Insert the screwdriver into the gap on the side of the pedal. Twist the screwdriver to pry the halves apart.



Slide the screwdriver to the other end of the pedal and twist again until you hear the snap-fitting release.



Pull up on the ends of the straps to remove them from the posts.



Press the halves back together, ensuring that the snap-fittings are all snapped.



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