

# YO-YODESK<sup>®</sup> BIKE

## USER ASSEMBLY GUIDE



Contact Yo-Yo DESK

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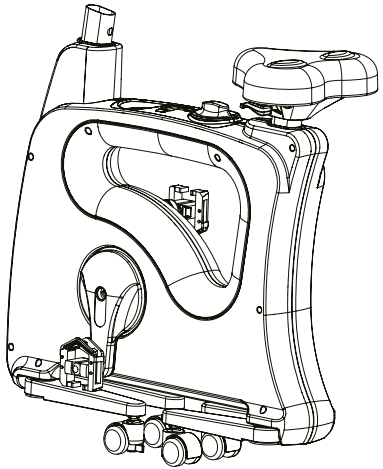
Email: [info@yo-yodesk.com](mailto:info@yo-yodesk.com)

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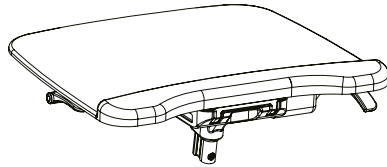
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# WHAT'S IN THE BOX

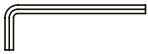
A



B



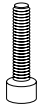
C



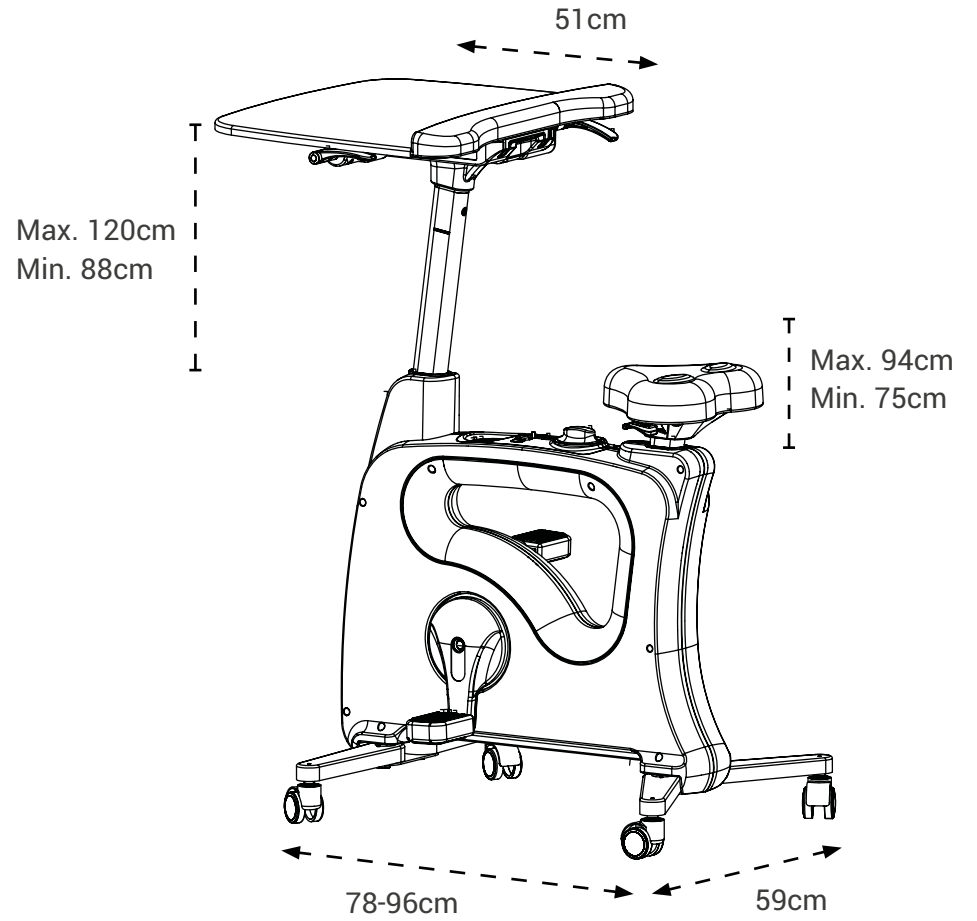
D



E

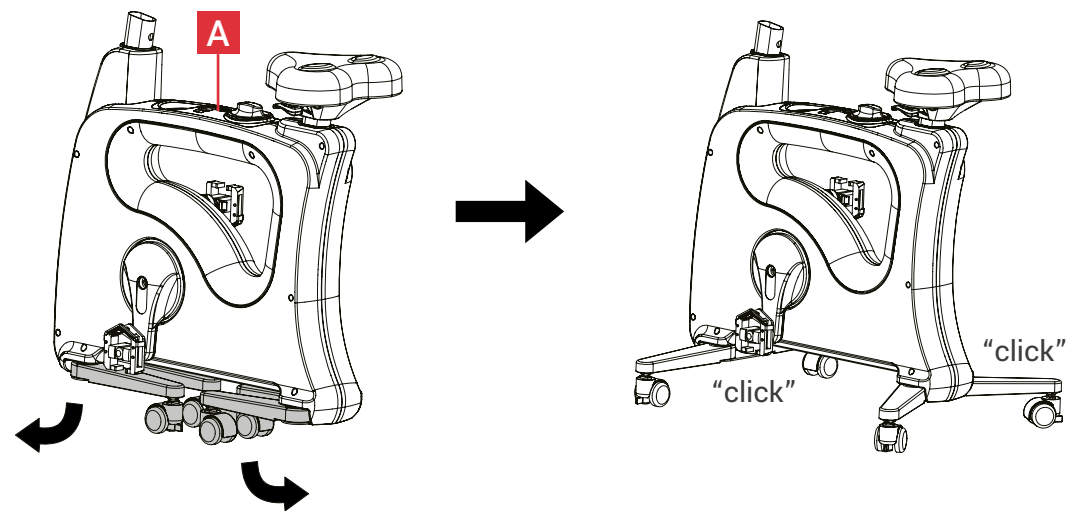


# MEASUREMENTS



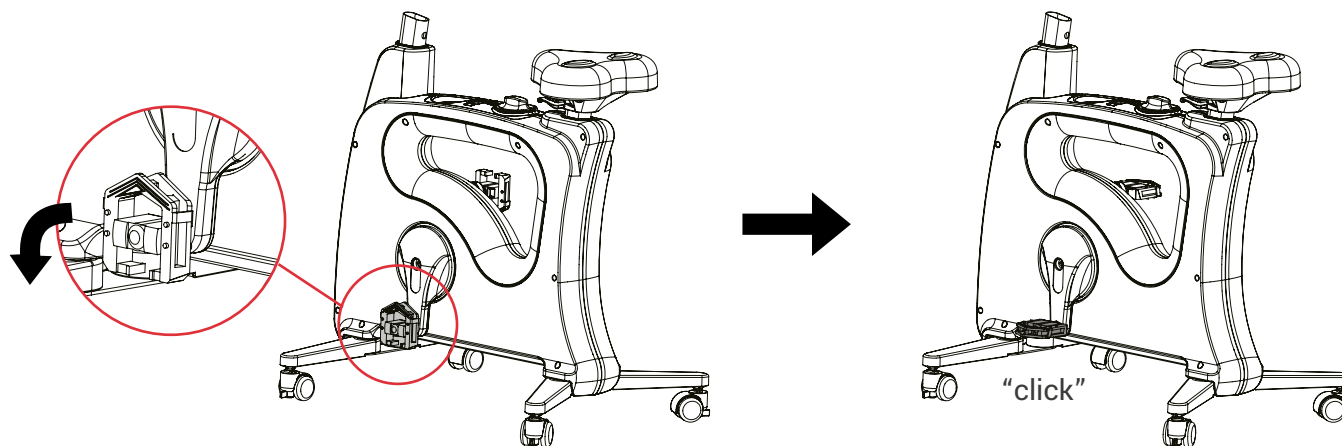
## STEP 1:

Pull out the four legs from under the bike (A).  
They will “click” into place when fully extended.



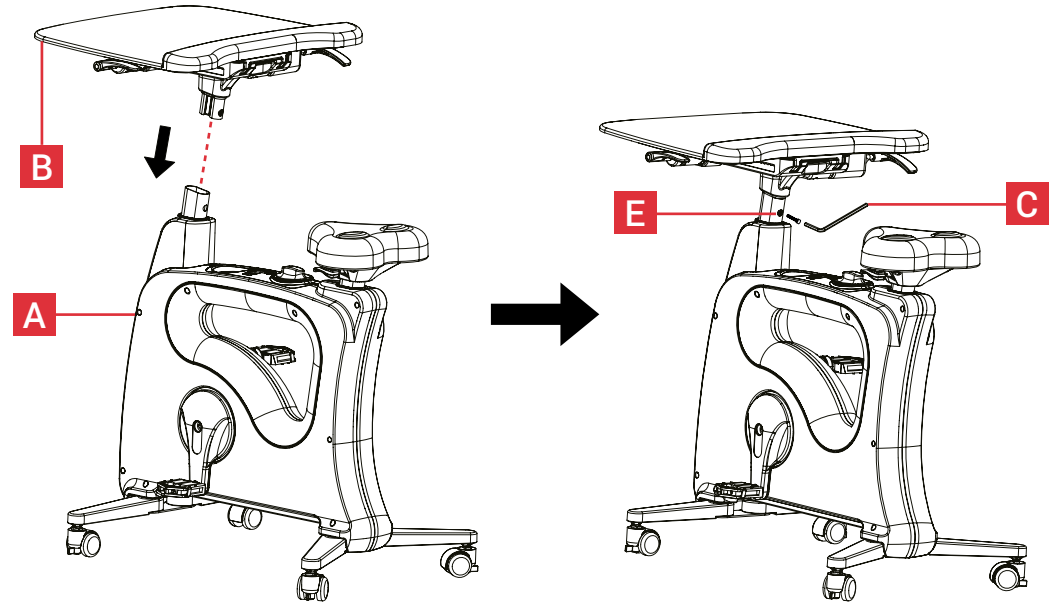
## STEP 2:

Pull down the left and right pedals.  
They will “click” into place when fully flat.



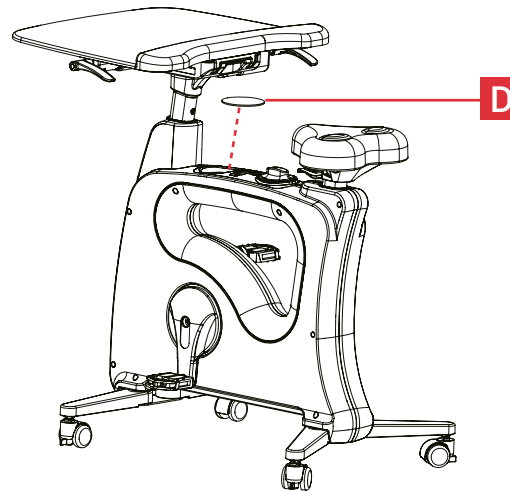
## STEP 3:

Insert the desktop (B) into the bike base (A).  
Tighten the screw (E) firmly using the allen key (C).



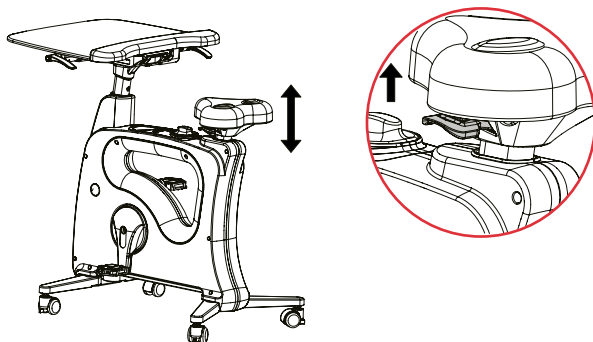
## STEP 4:

Insert the anti-skid pad into the cup holder.



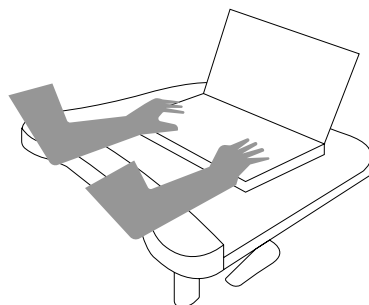
## SEAT ADJUSTMENT

Press the lever below the seat to adjust the height. As a guide, your toes should just touch the floor while you are seated.

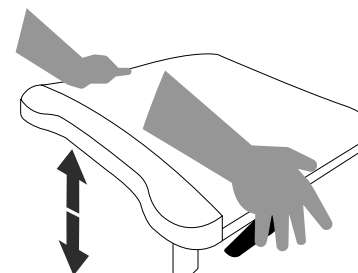


## DESK ADJUSTMENT

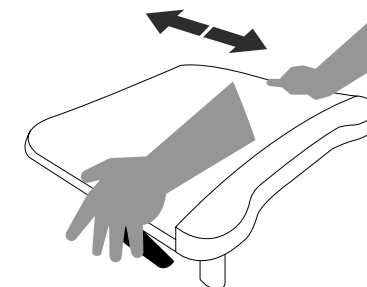
Keep your **elbows** and **wrists** at the same height. Lean on the **rest-pad** when typing.



To move the desk up or down, hold the desk on **both sides**, pull the **right hand lever** and lift/lower the desk.



To move the desk forwards or backwards, hold the desk on **both sides**, pull the **left hand lever** and slide the desk.

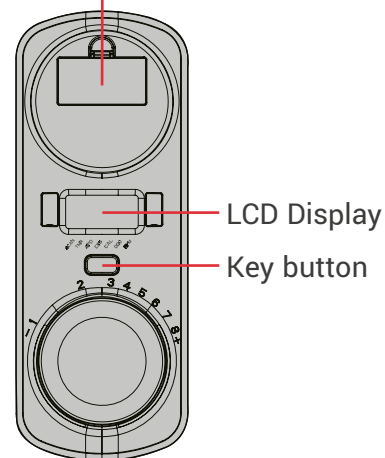
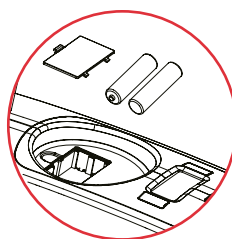


## USER GUIDE

Insert 2x AA batteries required to power the display, then press the **key button** to turn on the LCD display. The following activity readings will appear on the display:

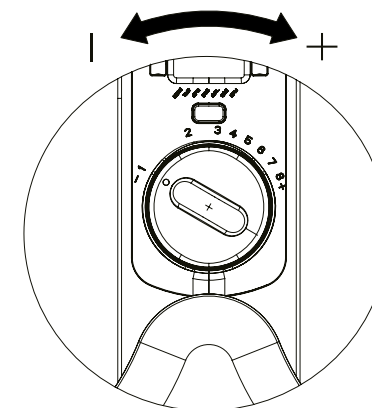
TMR	Timer
SPD	Speed
DIS	Distance
CAL	Calories
ODO	Odometer
RPM	Revolutions per minute

The LCD display will turn off when pedaling stops for more than 4 minutes. To reactivate the LCD display, start pedaling again or press the key button.



## RESISTANCE

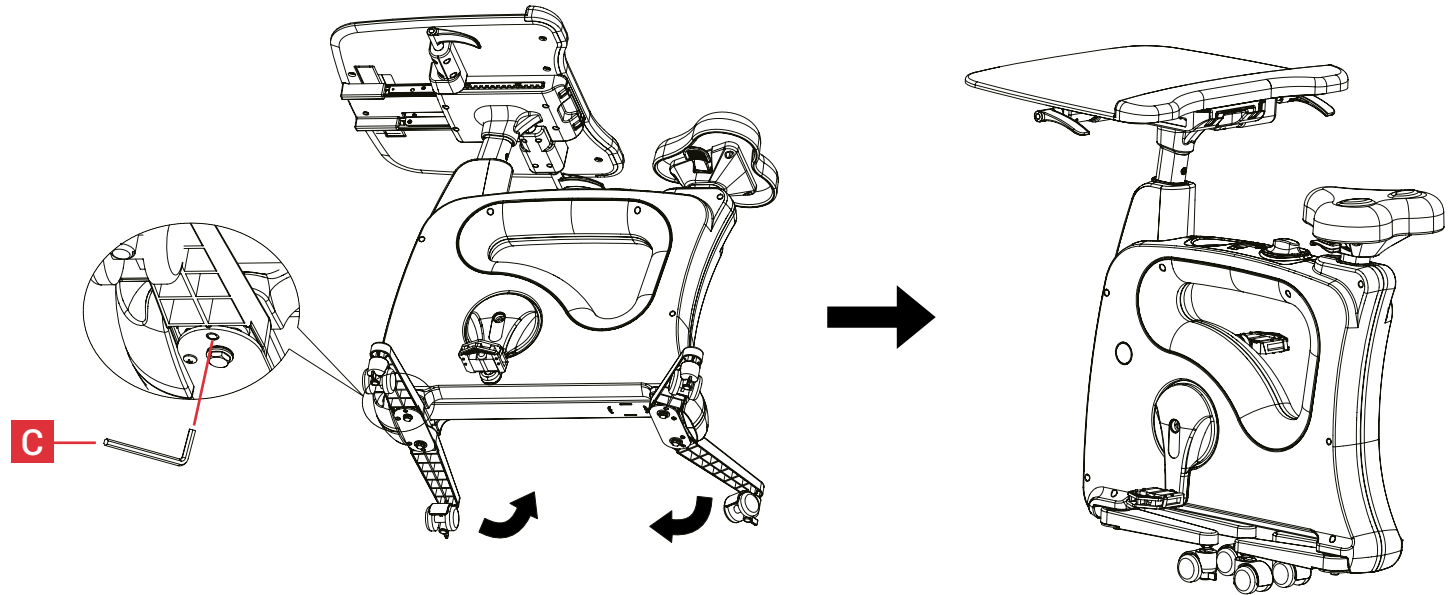
The resistance level starts at **1**, the top setting is **8**. To increase the resistance level, turn the resistance control knob in the **(+)** direction. To reduce the resistance level, turn the knob in the **(-)** direction.



## REPACKING THE BIKE

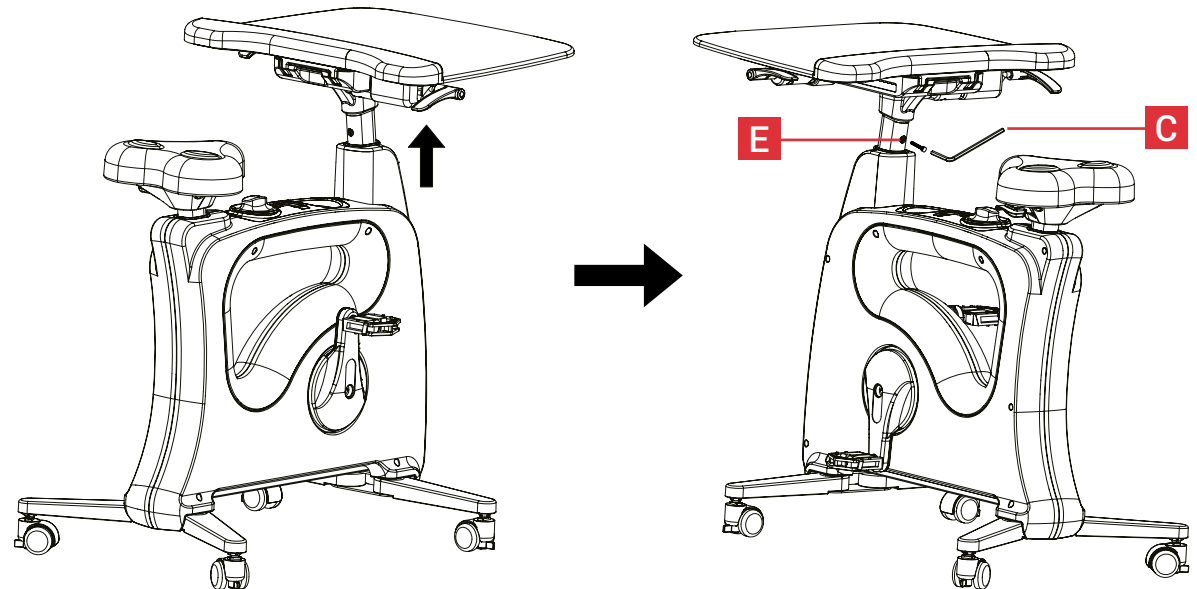
If you will not be using the bike for an extended period and would like to repack it for compact storage, please do the following:

1. Lower the bike on to its side, then locate the button under the legs.
2. Use the allen key (C) to push the button. This will allow you to fold the front and rear stabilizers neatly beneath the bike.



3. To remove the desktop, press the right table lever under the desktop and push the desktop to its lowest position.
4. Loosen screw (E) with the allen key (C) and remove the desktop.

Note: These instructions should only be followed for repacking or long-term bike storage.



## CAUTION

Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

1. Make sure you read and fully understand this instruction manual.
2. It is the user's responsibility to read and understand all potential hazards of this exercise equipment.
3. Consult a physician before you begin a new exercise program. If you should experience pain, or you feel faint, short of breath, or dizzy, stop exercising and consult a physician. Incorrect or excessive use of this machine can result in injury.
4. Your exercise bike should be operated on a stable, level surface.
5. You should mount and dismount your exercise bike carefully.
6. Loose clothing, untied shoelaces, jewelry, and towels should be kept away from the bike pedals.
7. This machine is not a toy. Keep children away from this exercise bike, especially while in use. Children should be taught to never put their fingers near any moving parts on this machine.
8. Please keep children away from this exercise bike, especially while in use. Minors are strongly recommended not to use this product, since its designed for adults.
9. Remain seated while using this bike - do not stand on pedals.
10. The maximum weight capacity of this bike is **130 kg / 290 lbs**.

**Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.**

## IMPORTANT

### Children and Pets

- Keep children under 10 years of age away from your bike desk at all times. Prevent children from playing on or using your bike desk. When in use, keep other children away from moving parts including the pedals and cranks.
- Although the Yo-Yo DESK® BIKE is not intended for serious exercise, always consult a physician before beginning an exercise program. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Keep the product on a solid and level surface at all times.
- Wear shoes with high traction rubber soles during use.

### Storage

- When storing your Yo-Yo DESK® BIKE, keep it in a clean, dry environment. To prevent dust and dirt build up, cover the product with a clean, non-abrasive cover.

# WARRANTY

Warranty	Yo-Yo DESK® BIKE
Frame	3 Years
Electronics	1 Year

Your Yo-Yo DESK BIKE® comes with the following limited warranty valid in every country:

- Yo-Yo DESK® warrants the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase.
- During these periods, Yo-Yo DESK® will replace defective parts.
- Yo-Yo DESK® reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your Yo-Yo DESK® product, only authorized parts can be used.
- The warranty is void if any parts other than those provided by Yo-Yo DESK® are used.

#### Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or “act of God.”
- Physical damage to table top due to misuse or accident.
- This warranty does not apply to discoloration of paints or plastics.
- Yo-Yo DESK® shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

#### Safety

When using your Yo-Yo DESK® BIKE, basic precautions should always be followed, including:

- Never operate this bike desk if it has been damaged.
- Do not use outdoors or in areas of high humidity or extreme temperature changes.
- Use this product for its intended use as described in this Owner’s Manual.
- Do not use attachments that are not recommended by Yo-Yo DESK®.

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