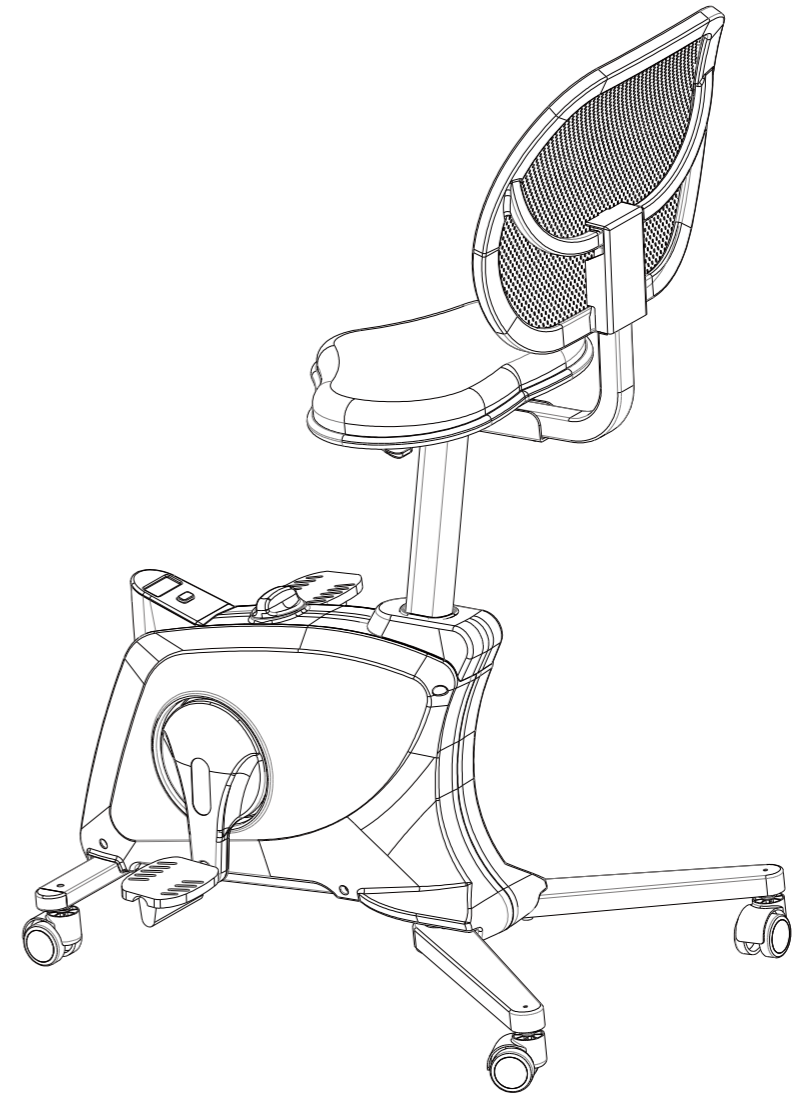


FLEXISPOT

Fitness Chair



Item No. FC211W
Installation Guide

Website: www.flexispot.com
Tel: 1-855-421-2808

The picture is for reference only, and may differ slightly from the product received.
Please read this product manual carefully before use and store it for future reference.

Important announcement

Thank you for purchasing the FC211W fitness chair.

1. For your health and safety, before exercising, please consult a doctor to determine the level of exercise load suitable for you, and read all relevant instructions and precautions before using.
2. Please carefully fill in the "After-Sales Service Warranty Card" and save it after purchase. If a return/exchange is needed, mail it back with a copy of your receipt/invoice so we can better serve you.
3. This manual is the first edition of the FlexiSpot fitness equipment series (F211DBU fitness chair) in 2020. As the product is continuously upgraded and improved, the content may change without prior notice.
4. The precautions and instructions shown here are for you to use this product safely and correctly, and it is your responsibility to follow them. FlexiSpot is not responsible for any accident or injury that may occur.
5. After reading, please save and store the manual where it can be easily accessed at any time.

Warning

For those with physical illness or inconvenience, please consult a doctor.
The following people must consult a professional doctor or sports coach before exercising:

Heart disease patients (heart pain, myocardial infarction, etc.), diabetes patients, respiratory disease patients (asthma, chronic bronchitis, emphysema, etc.), people with arthritis, rheumatism, gout, or other physical abnormalities, or people with unstable physical symptoms.
It is advised that elderly people or people who do not usually exercise, consult a professional doctor or sports coach and undergo a physical examination before use.

If abnormal physical reactions happen during or after exercise:
if you feel dizzy, sick or have other abnormal physical reactions, stop exercising immediately, and consult a professional doctor or sports coach.

Attention

- Do not exercise immediately after eating
- If possible, please determine your level exercise based on your heart rate
- Warm up---please properly warm up or perform active stretching before exercising
- After exercising, do some stretching exercises to relax and cool down.

Because heart rate is variable, your personal optimal heart rate zone may be different from others. In this case, exercise must be set according to personal experience. Beginners should consult a doctor about exercise ability.

Generally, we recommend that everyone consult a doctor before starting any fitness exercise.

Safety guidelines

- Please consult your doctor before exercising to ensure that you are suitable for using the equipment. Please choose an exercise program that suits you according to the doctor's advice. Incorrect exercise methods or excessive exercise will damage your health;
- The equipment can only be used for its set functions, such as adult physical exercise
- Improper use of equipment is prohibited and may cause danger. The manufacturer is not responsible for any injuries caused by improper use of equipment.
- The equipment is designed in accordance with the latest safety standards.
- Incorrect repairs and structural modifications, or the removal or replacement of original parts may endanger the safety of users.
- Damaged parts will endanger your safety or shorten the service life of the equipment. Therefore, aging or damaged parts must be replaced immediately, and you must stop using the equipment immediately until the parts are replaced. Only original accessories can be used as suitable replacements;
- If the equipment is used normally, a comprehensive inspection of all parts should be carried out every 1-2 months, and special attention must be paid to tightening screws and nuts to prevent the equipment from loosening and disintegrating;
In order to ensure that the equipment always maintains high safety, it is recommended to ask a professional retailer to maintain the equipment regularly (once a year)
- The person who uses the equipment (especially children) must be familiar with any possible dangers during the exercise to avoid unnecessary injury
- Any product component conflicts not described in the manual may damage the equipment or endanger the user. These major repairs can only be carried out by qualified personnel trained by professional distributors or manufacturers;
- Any minors using the equipment must be supervised to avoid harm;



- Do not use the product if it is on a damp floor or safe function cannot be guaranteed.
- Please pay attention to keep a safe distance between the product and any heat source;
- If you are unclear on anything regarding the product, please consult the supplier.

Operating equipment

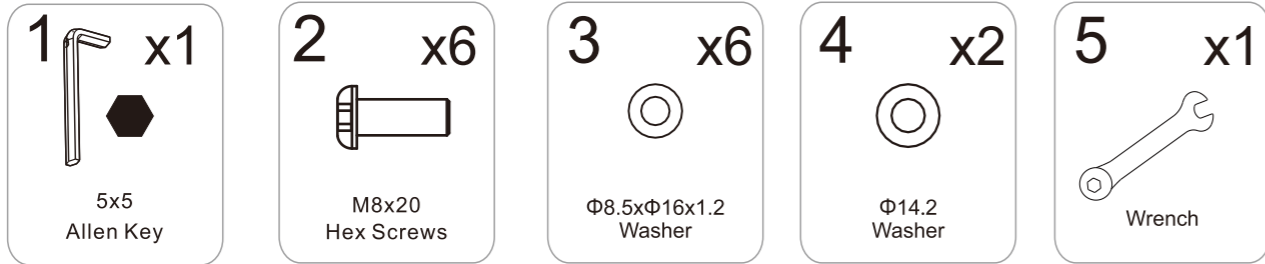
- Before using the equipment, please make sure the equipment has been installed correctly.
- Before using the equipment, familiarize yourself with all the functions and settings of the equipment
Do not store the equipment in a damp or humid room to avoid rust.
- Children are not permitted to play on this equipment, and the manufacturer is not responsible for any consequences caused by children playing on the equipment. Under proper supervision and correct guidance, children may use the equipment.
- The equipment is not suitable for medical use;
Maximum user weight: 220 lbs
Do not use corrosive or abrasive materials to clean the equipment, please use cleaners that will not pollute the environment.
- Please wear suitable shoes and clothes to use the equipment, and ensure that sweat or other liquids will not enter the equipment or electronic parts.
- Before use, please check whether all the screws are installed correctly.
- During operation, do not place radiation-intensive devices (such as mobile phones) directly next to the electronic watch or electronic control system, as it may affect the accuracy of the displayed value
- Please leave enough space around the equipment (diameter $\geq 1.5M$ range).
- When you are exercising, please make sure that no one is moving around the equipment to avoid them being injured by moving parts.

Installation guidelines

- Please check whether the parts are complete and intact (refer to parts list). If you have any questions during the installation process, please contact the dealer;
- For your convenience, during installation, place all parts separately on the floor in order of installation;
- Please make sure that there is enough space for movement when installing the equipment (diameter $\geq 1M$).
Please place the main frame (for later installation and use) on a flat surface.
Before installing, please study the installation steps carefully and perform them according to the sequence of the diagrams.
The equipment must be installed by an adult. If you have any questions and need help from others, please find someone with technical ability.
- Please install equipment carefully and pay attention to your safety to avoid injury caused by careless use of tools or careless manual operation;
- Please keep your operating environment free of danger. Do not throw your tools everywhere, and handle the packaging materials carefully to avoid possible dangers, such as children playing with plastic bags, which is a choking hazard!
- The fasteners required for the installation steps have been marked in the illustration, please strictly follow the instructions to use the fasteners;
- Loosely assemble all the parts first but don't tighten them, then check if they are installed correctly;
- Finally, use a universal wrench to fully tighten all bolts, and check whether all bolt connections have been locked;
- We reserve the right to perform preliminary installation work (for example: installing pipe plugs)
- If necessary, please keep the original packaging of the equipment for future transportation.

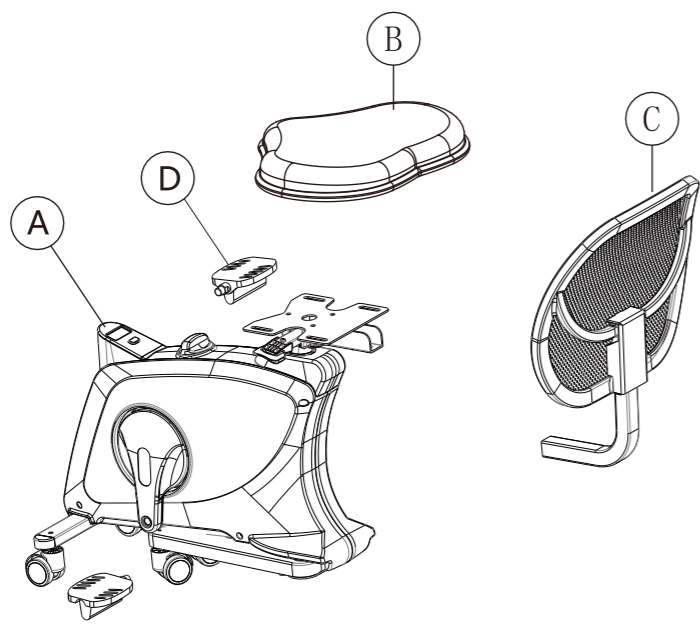
Accessories Package List

Note: The following illustrations are for reference only and may differ from the actual product. If you are missing any parts or experience installation issues, please contact customer service.



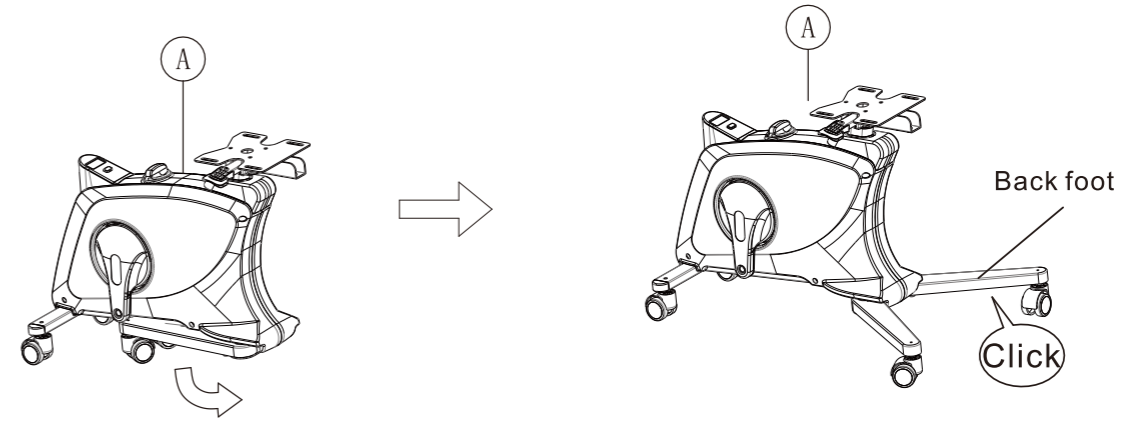
Part List

Ax1pc	Bx1pc	Cx1pc	Dx2pcs



Step 1

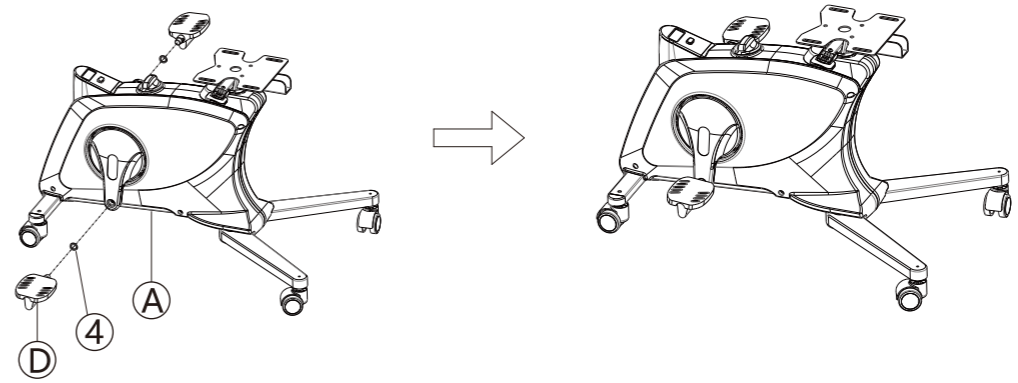
Unfold the rear two feet of the frame (A) until you hear a "click" sound.



Step 2

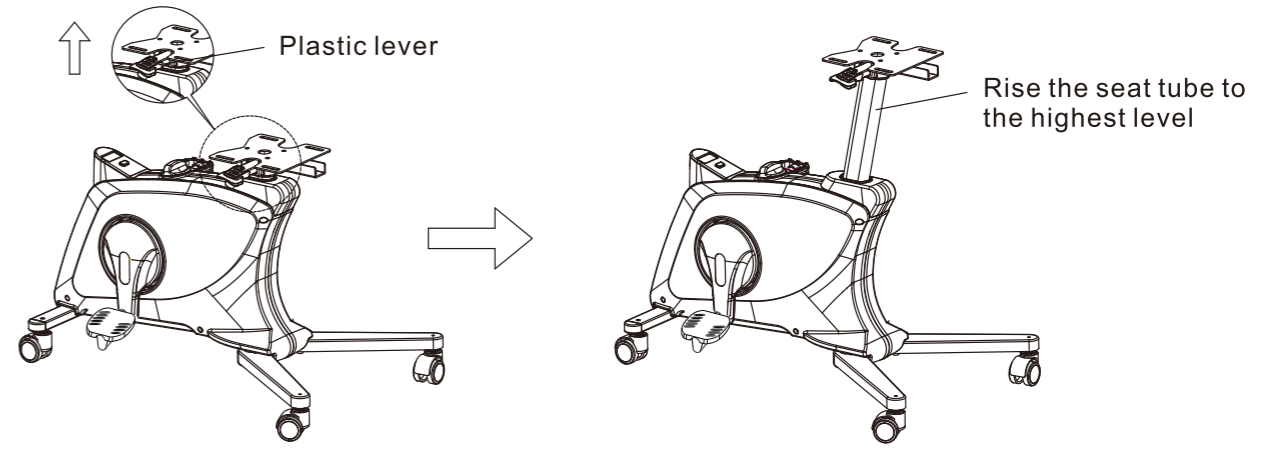
Slide spring washers (4) onto left and right pedals (D) and screw onto the crank of the frame assembly (A) with wrench (5).

Note: The rotation direction of the left and right pedals is different, the left pedal (L) is counterclockwise, and the right pedal (R) is clockwise.



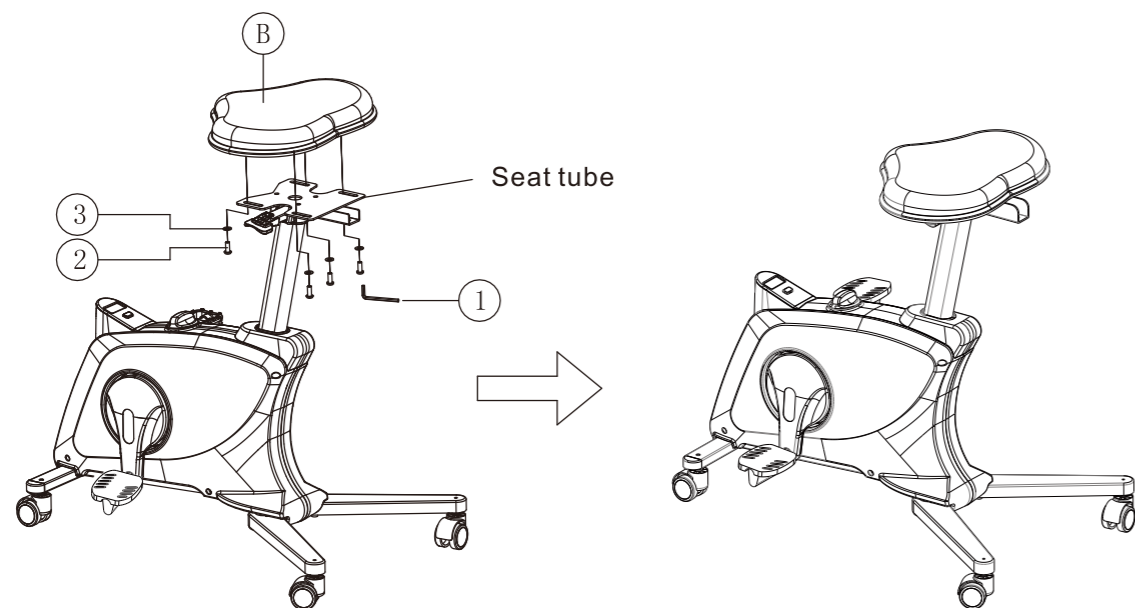
Step 3

Squeeze the plastic lever to raise the seat tube to its highest position.



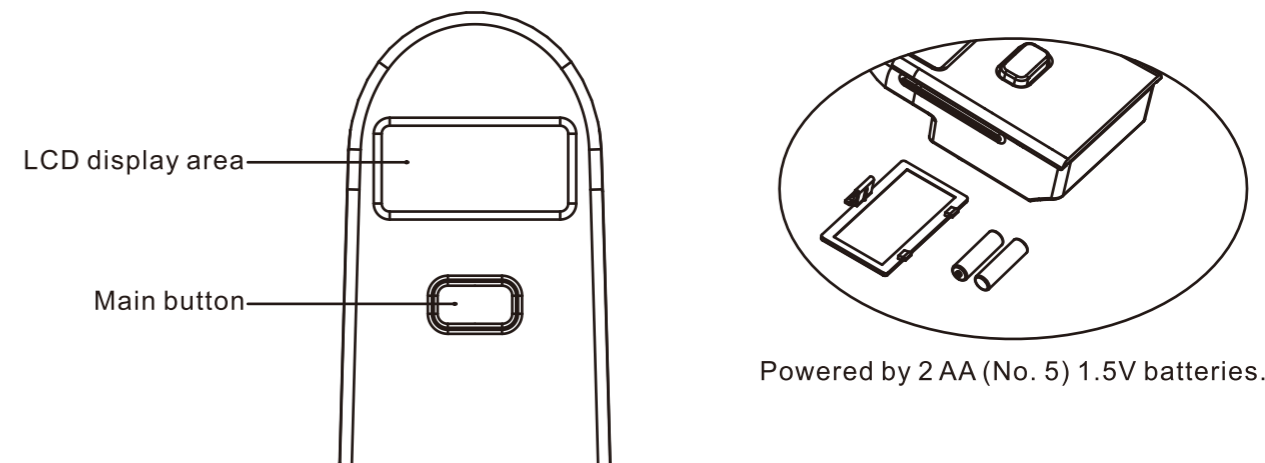
Step 4

Put the cushion (B) on the seat tube. Use Allen wrench ① to tighten 4 screws ② and 4 washers (3) to attach the cushion on the seat tube.



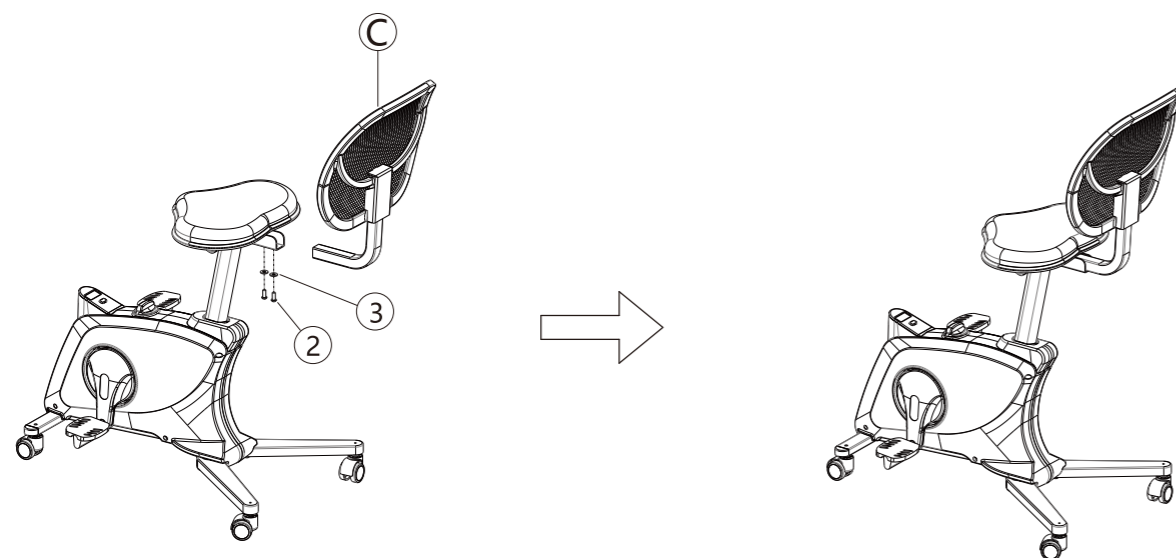
Instructions for use

1. Press the main button at the bottom of the LCD display to cycle the display between exercise time, speed, distance, calories burned, total distance, and other parameters.
2. If you stop exercising for more than 4 minutes, the display will enter sleep mode and the LCD display will automatically turn off.
3. Press the main button or step on the pedal to reactivate the LCD display.



Step 5

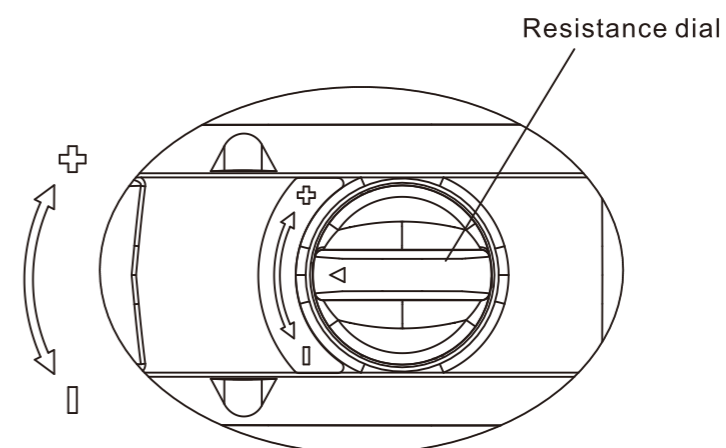
Insert the backrest (C) into the bracket on the seat tube, then pass 2 screws ② through 2 washers ③ and tighten with Allen wrench ① to attach the backrest.



Instructions 1

Resistance adjustment method

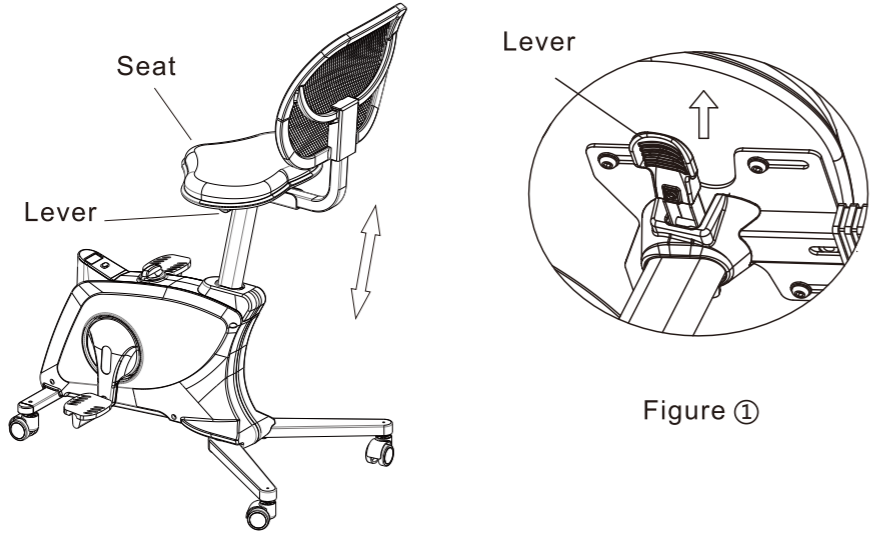
Rotate the dial in the "+" direction to increase the resistance and the "-" direction to decrease the resistance.



Instructions 2

Seat adjustment:

To raise, squeeze the plastic lever (Figure ①); the seat will rise automatically. Let go of the lever when the seat reaches a suitable height. To lower, squeeze the lever and use your body weight to lower the seat. Release the lever when the seat is at a suitable height.

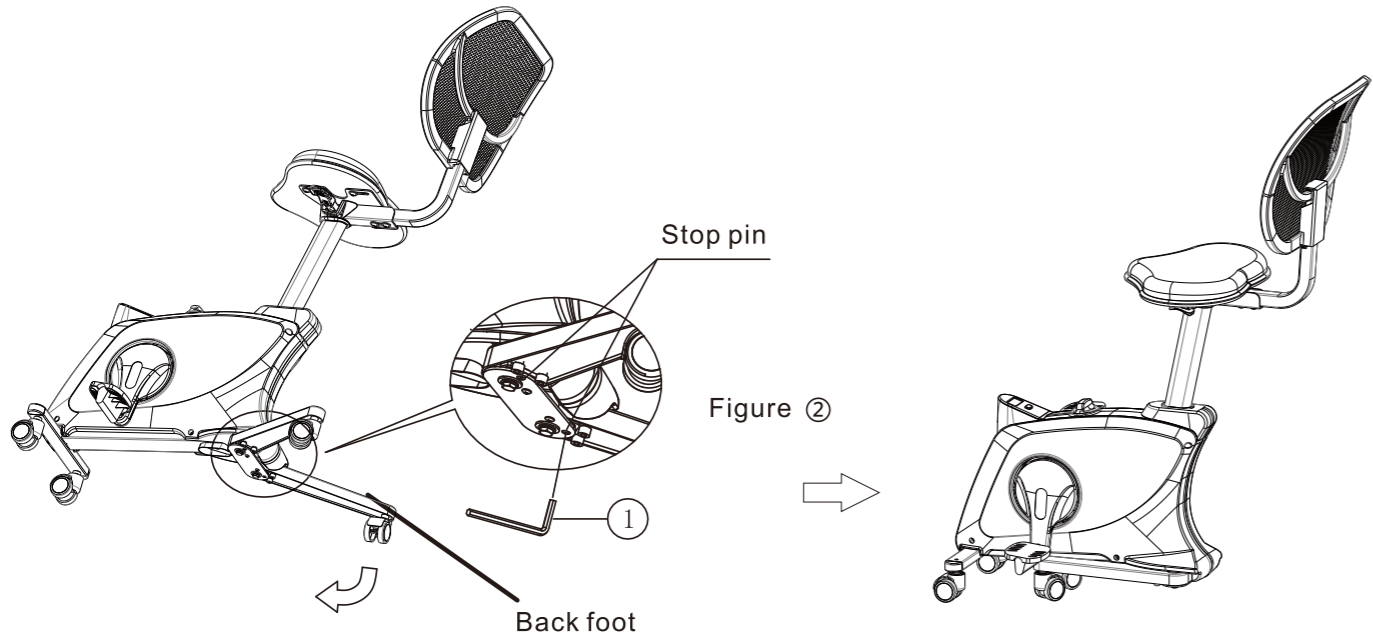


Instructions 3

To fold the rear feet:

Lean the product over and use Allen key ① to push up the stop pins (Figure ②) and fold the rear feet towards the front.

⚠ Note: this method is only recommended to be used for boxing the product when returning or replacing it.



Instructions 4

Adjust horizontal seat position:

Use Allen wrench ① to slightly loosen the 4 screws under seat cushion (B), then slide the cushion forward or backward as in Figure ③. After adjusting to a suitable position, re-tighten the 4 screws under the seat.

