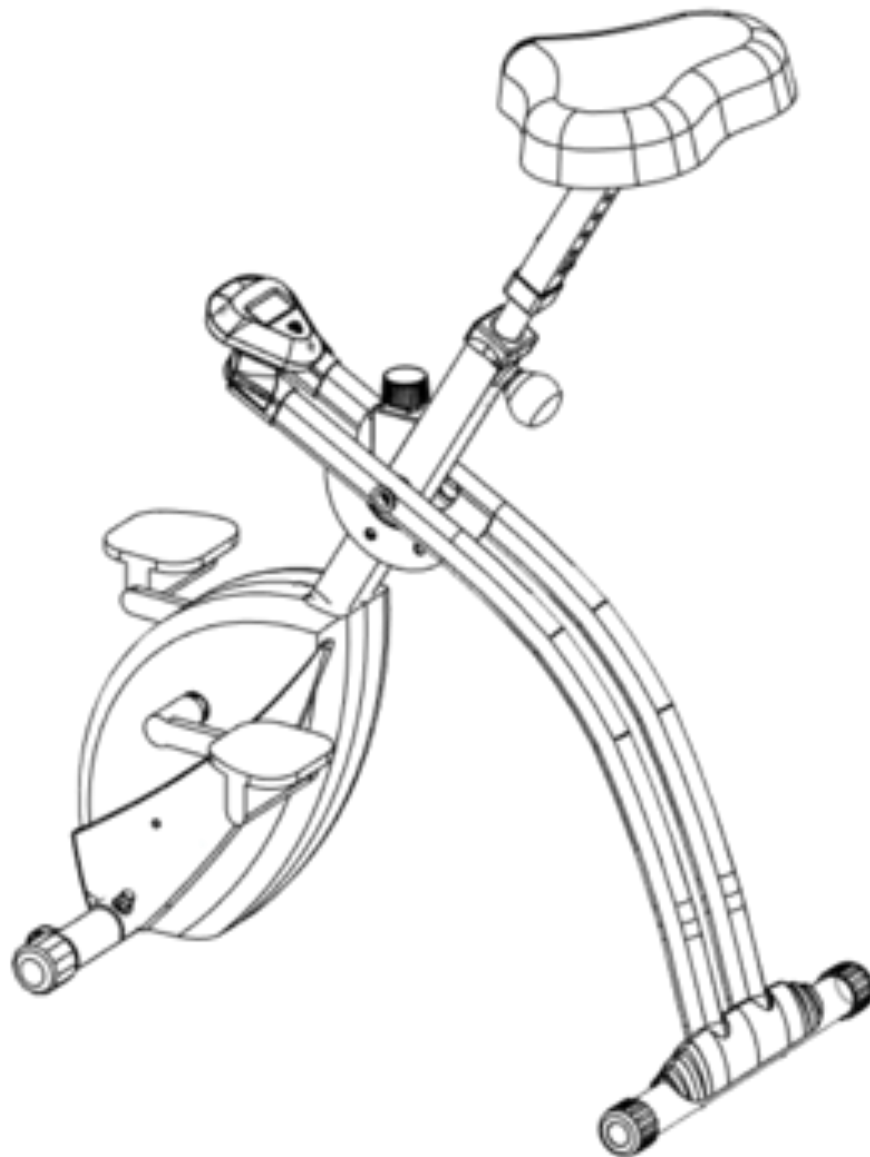


Assembly
Manual



ergonomix[®]
workspace fitness[®]



Enjoy your new UNDER THE DESK BIKE!

Carefully read and understand the assembly instructions:

1. Make sure the assembly is done in an appropriate work space away from foot traffic and exposure to bystanders
2. Set up this machine on a solid, level, horizontal surface.
3. Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
4. If replacement parts are necessary, use only genuine Ergonomyx replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
5. Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
6. Read and understand the complete manual supplied with this machine first before first use.
7. Do all the assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function
8. Save these instructions

Before using equipment, obey the following warnings:

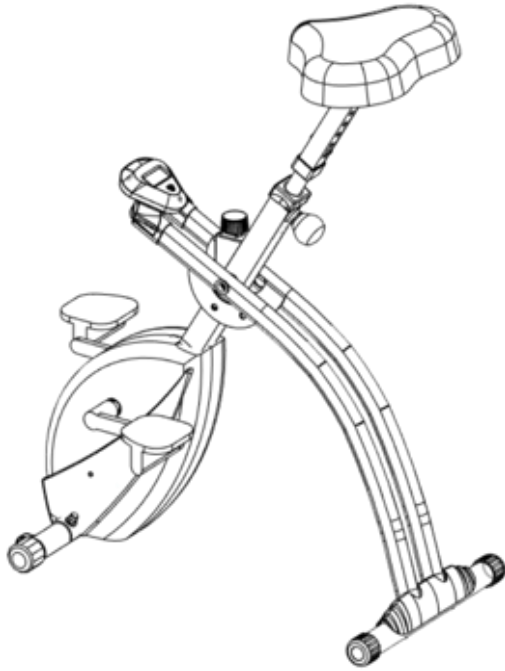
1. Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
2. Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.
3. If while using the bicycle, you experience any dizziness, faintness, shortness of breath or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.
4. Not intended for use by anyone under 10 years of age, children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous.
5. Use the values calculated or measured by the machine's computer for reference purposes only.
6. This bike is for indoor use only. Do not store the bike outdoors, near water, or at high humidity levels.
7. Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals, and Crank Arms closely. If purchase in the US/Canada, contact Customer service for repair information.
8. Maximum user weight limit: (100kg) 220lbs
9. Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment
10. Use caution when mounting and dismounting.
11. Make the pedals stable before you step on them. Use caution when you step on and off the machine.
12. Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.






Scan Me

Thank you for choosing Ergonomyx! We are excited to be part of your new and improved office space, we want to help you get the most out of your working day!

Included Hardware



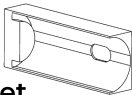
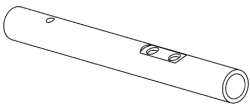

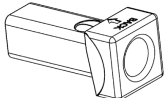
ATTENTION : The drawings below are only for reference which might be slightly different than the actual object. If there are any tools missing or installation problems, please contact customer services.

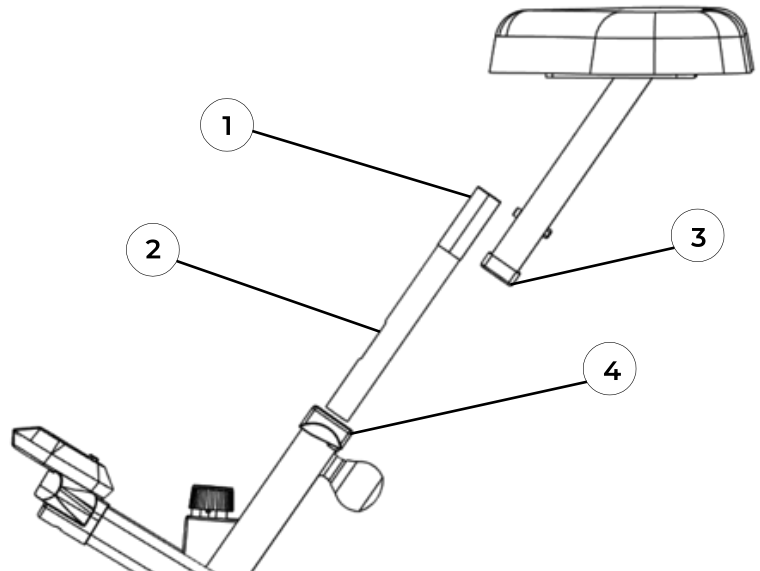
No.	Image	Name	Qty
A.		M5 Bolt	1
B.		M5 Lock Nut	1
C.		M6 Lock Washer	1

DANGER

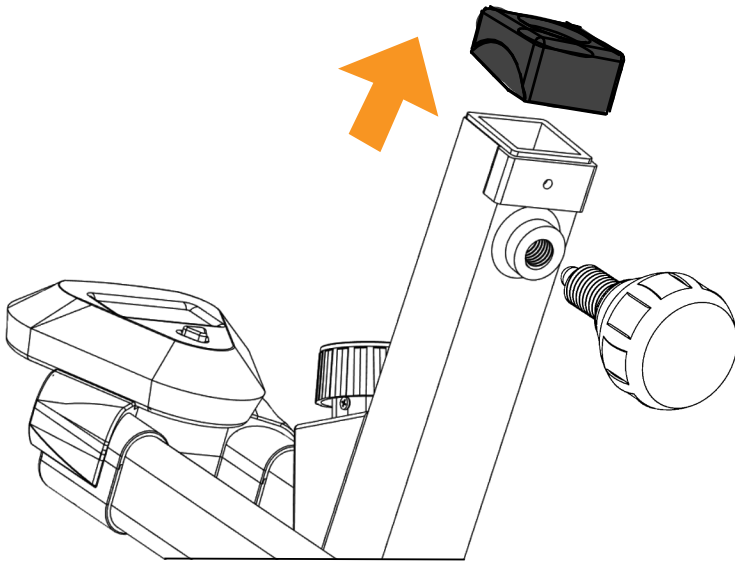
Read all instructions before using

Component List

No.	Part	Qty
1.	 Inner Tube Bracket	2
2.	 Tube	1
3.	 Outer Tube Bracket	1
4.	 Bottom Sleeve	1



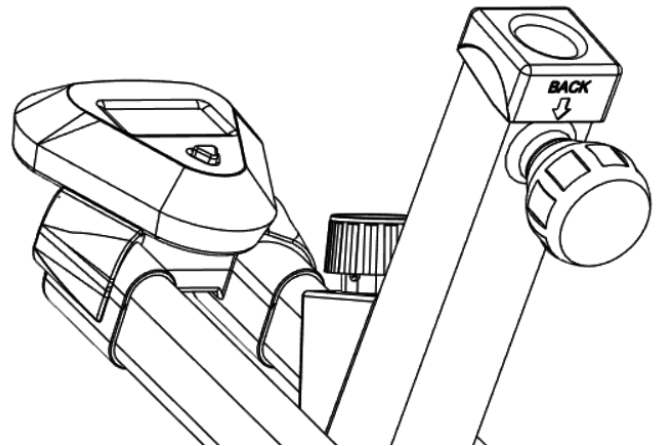
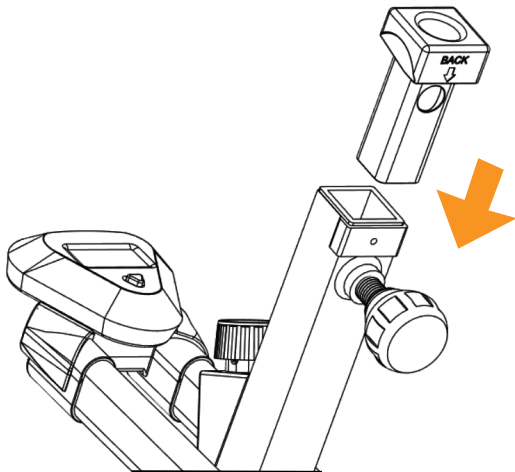
1



Remove black plastic cap and back off adjustment knob all the way by screwing out counter-clockwise

2

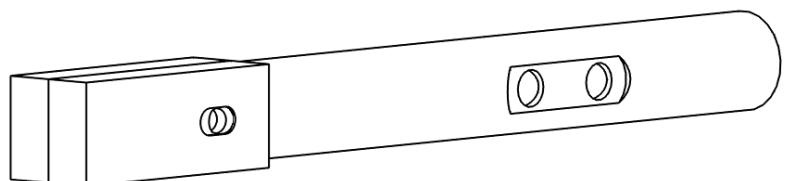
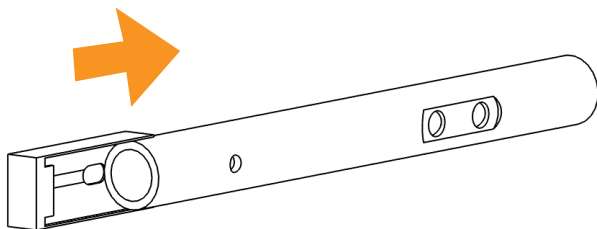
Insert bottom sleeve (4) into the bike frame with the back of the sleeve facing the rear of the bike



Apply pressure to the sleeve until its fully inserted into the bike frame.

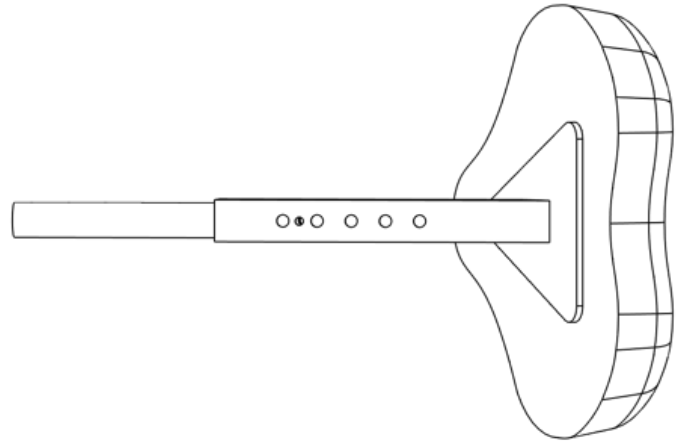
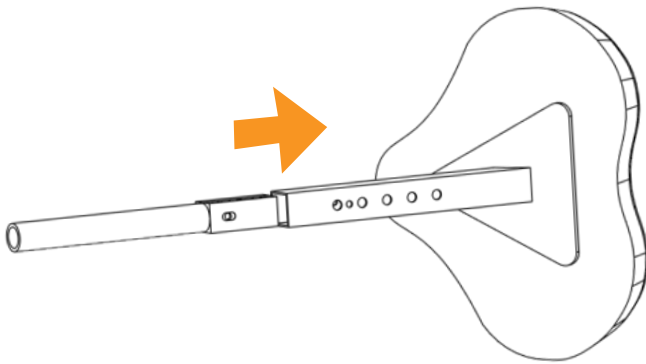
3

Insert inner tube brackets (1) onto end of tube (2), making sure the single hole lines up with both slots of the brackets.



4

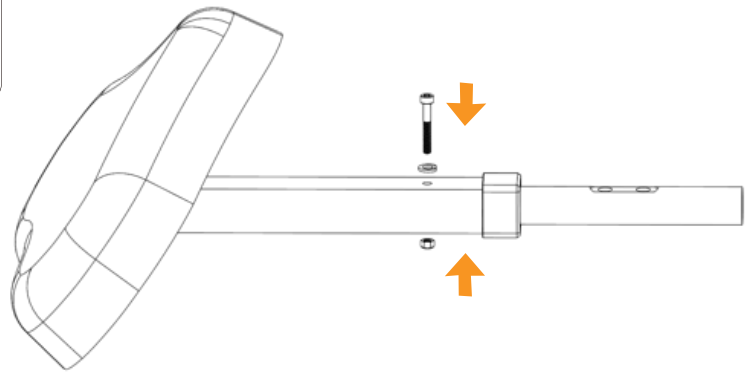
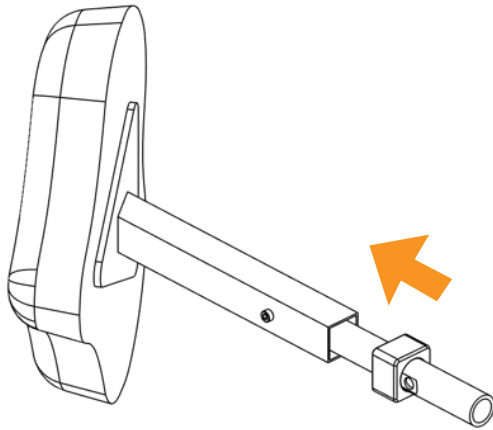
Insert aluminum tube (2) into the seat post (NOT BIKE FRAME)



Line up the hole on the aluminum tube with the hole on the seatpost

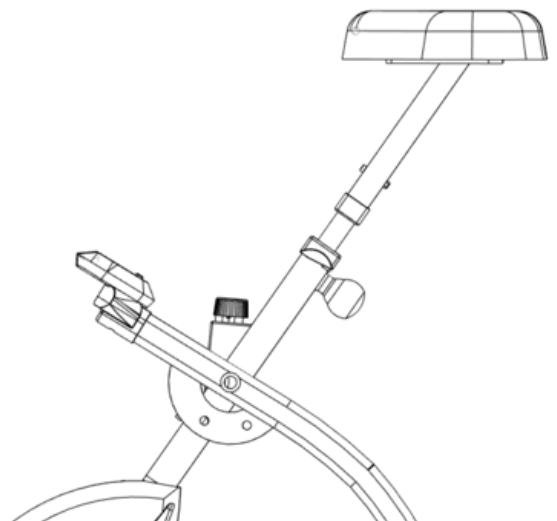
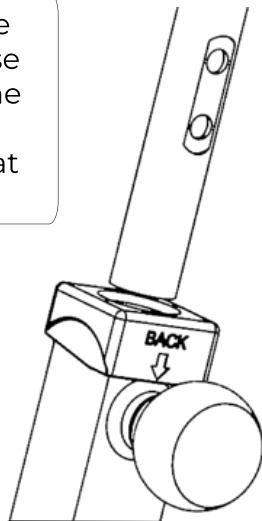
5

Screw in M5 Bolt (A) through both seatpost and aluminium extension tube with M5 washers (C) on the screw end. Fasten tube into place with the M5 Lock Nut (B).



6

Insert the seat extension into the bike frame and use the pin to use one of the two holes to adjust the seat height. Tighten Height Adjustment Knob to prevent seat rotation.



App Control Guide

Use the Ergonomyx app to connect to the bike after it appears under “Nearby Devices”. Match the bike serial number in the app to that of the sticker on the underside of the desktop. You will need to give Bluetooth and/or Location permissions to the app.

To control the bike with a different smart phone, you must first disconnect the bike from any previously connected devices.

If you have bluetooth connectivity issues after following the above steps, please force close the app on the device/restart your phone as needed.

The following tips will help you detect and eliminate the most common faults and errors. If the fault you encounter is not listed below, please contact our Customer Service.

The App

To get the most out of you Sit-Stand Desk, connect it to our Ergonomyx App once you have assembled and plugged in the desk. Our App allows you to unlock awesome features.

For more information please visit
<https://www.ergonomyx.com/desk-resources>



You can find a detailed breakdown and instructions on all of our app's features in the instruction manual on our website.

Waste Disposal



This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmentally safe recycling.