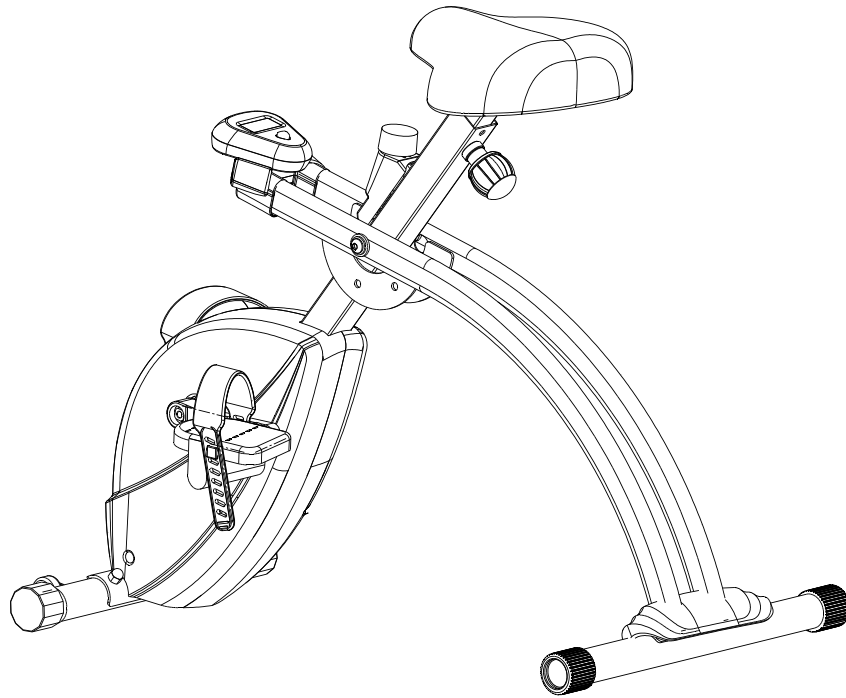


Assembly Manual

ergonomyx[®]
workspace fitness



Enjoy your new UNDER 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:

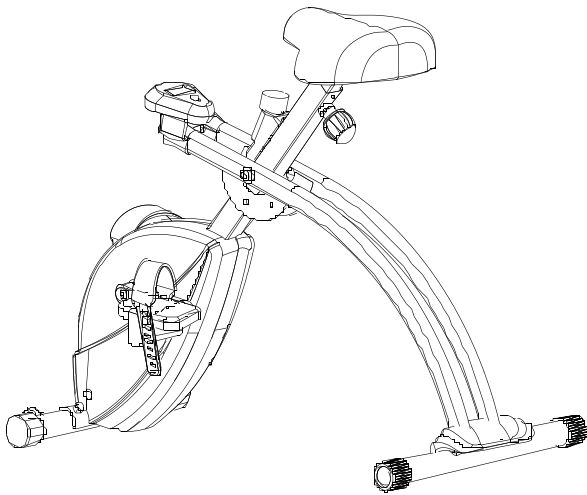
1. Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
2. Consult 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 14 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



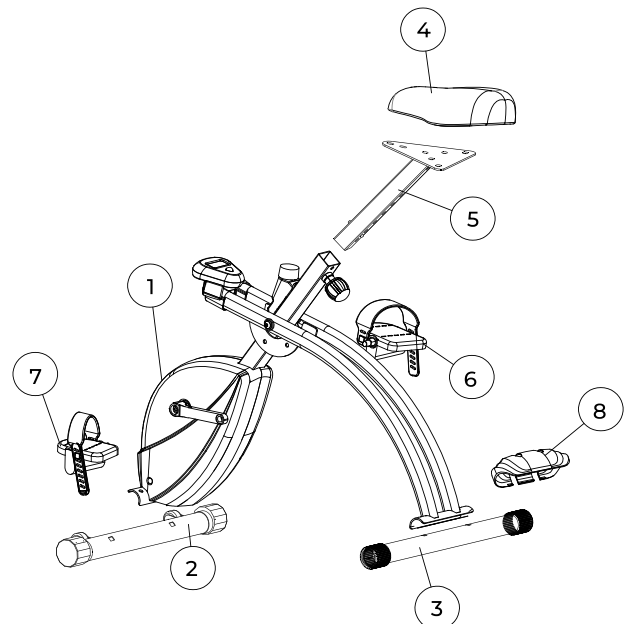
No.	Image	Name	Qty
A		M8x50mm Bolt	4
B		Curved Washer	4
C		M8 Acorn Nut	4
D		Multitool	1
E		Flat Washer	3
F		M8 nut	3
G		Pin	1

Component List

DANGER

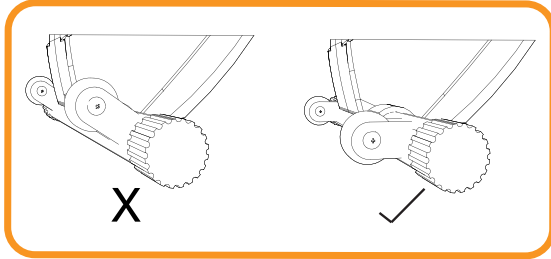
Read all instructions before using

No.	Part	Qty	No.	Part	Qty
#1	Bike Frame	1	#2	Front Foot	1
No.	Part	Qty	No.	Part	Qty
#3	Back Foot	1	#4	Seat	1
No.	Part	Qty	No.	Part	Qty
#5	Bike Seat Post	1	#6	Right Pedal	1
No.	Part	Qty	No.	Part	Qty
#7	Left Pedal	1	#8	Bolt Cover	1

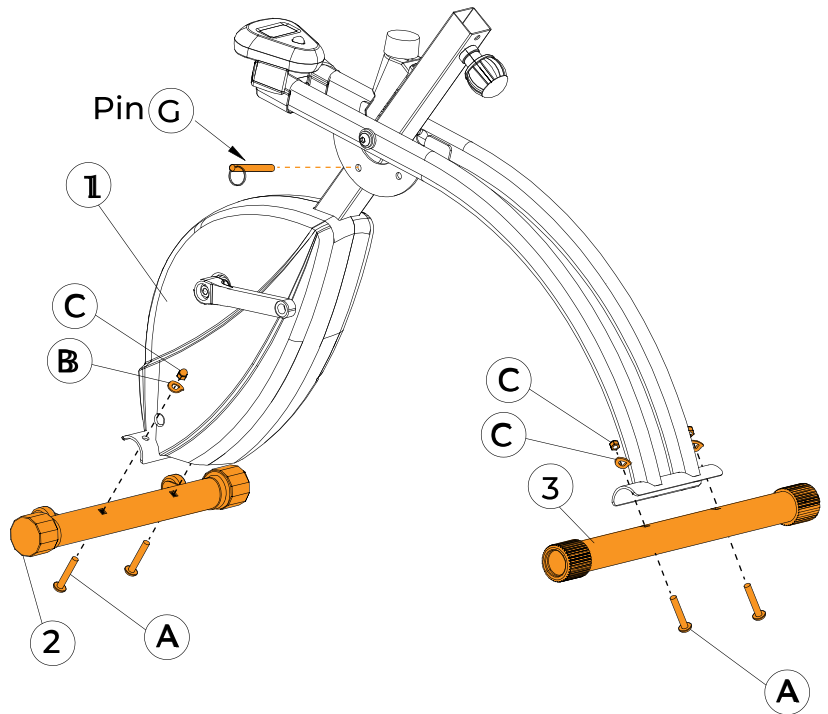


Place the bike frame (#1) in an upright position, insert the included pin (G) into the hole below the pivot point.

Attach the front and rear foot(#2 & #3) to the Bike Frame (#1) using the provided M8x50mm bolts (4) and curved washers (B), then place M8 acorn nuts on top and tighten using multitool (D)



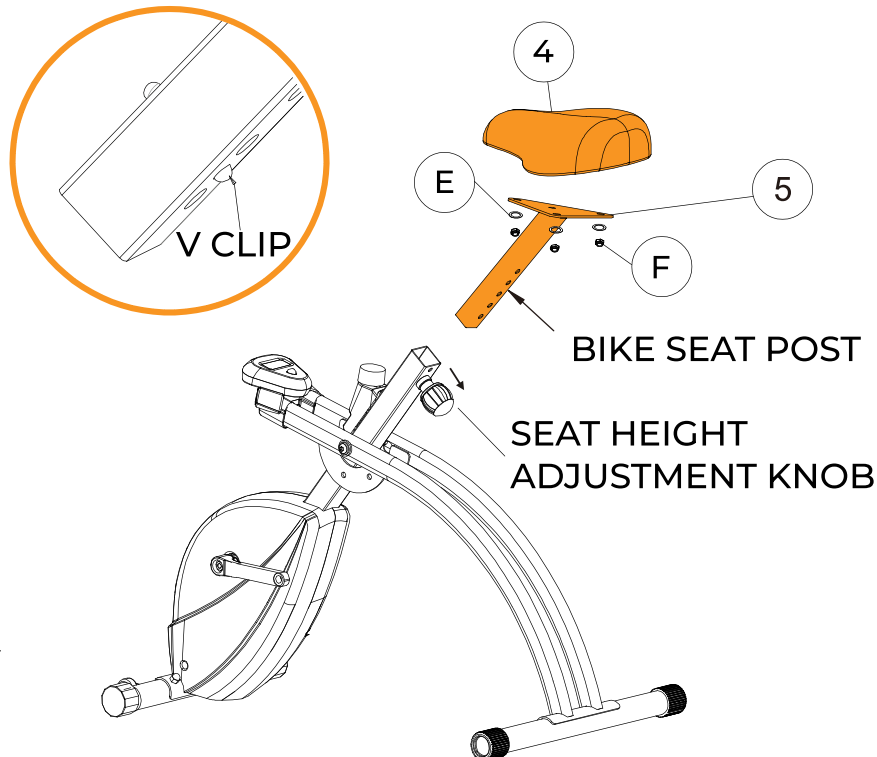
NOTE: When attaching Front Foot (#3) to the Bike Frame (#1) ensure wheels are parallel to the floor, as picture above.



Attached Seat (#4) to Bike Seat Post (#5) using provided flat washers (E) and M8 nuts (F).

Pull the Seat Height Adjustment Knob outwards and partially insert the bike seat post (#5) into the bike frame (#1) until it stops.

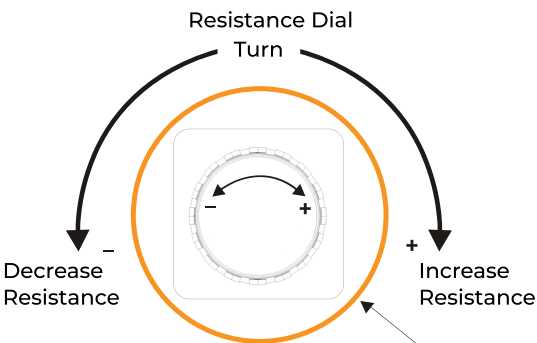
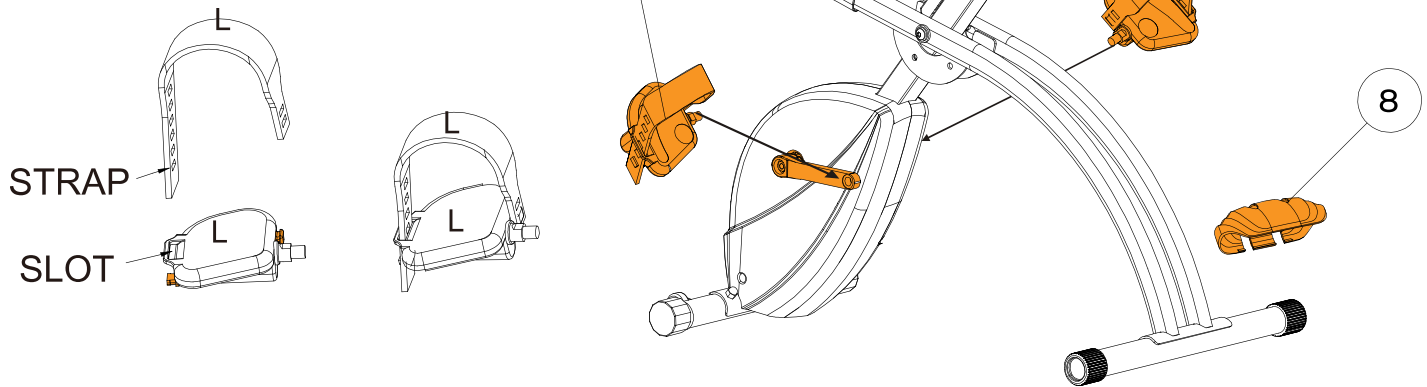
Once inserted, press the silver V clip buttons on the front and back of the seat post and slide the post downward until the adjustment knob clicks into place at the desired height.



Screw the Right Pedal (6) into the Right Crank shaft (Marked with an "R") by turning it **Clockwise**.

Screw the Left Pedal (7) into the Left Crank shaft (Marked with an "L") by turning it **Counter Clockwise**.

Snap the bolt cover (8) over the acorn nuts on the rear foot.

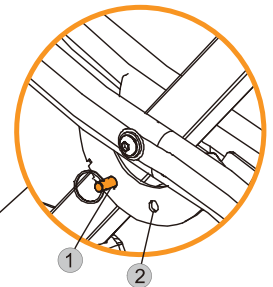
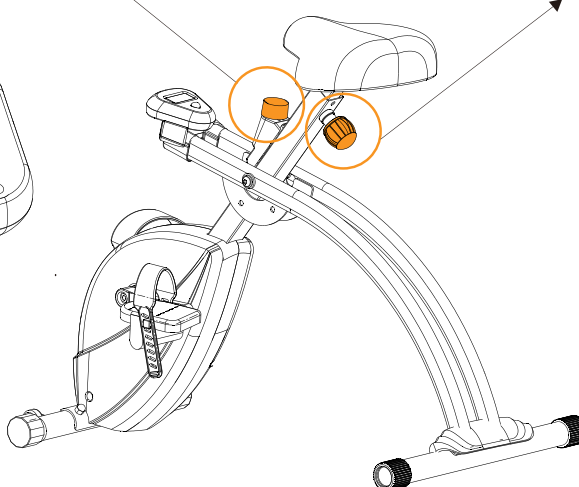
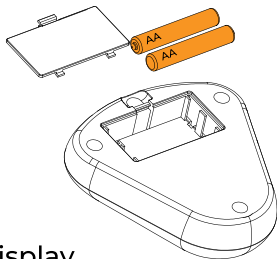


To change seat height, turn the adjustment knob counter clockwise until loose and pull outward. While pulling, adjust the seat up and down to desired setting allowing the adjustment knob to click into place. Once you set the desired height, tighten Adjustment Knob clockwise until tight.

NOTE: If desired seat height is higher than the seat post allows, please contact customer support to purchase a seat height extension kit.


The bike is adjustable for users between 4'10" - 5'6" (147cm - 167cm). An extension kit is recommended for taller users.

Digital Display Requires 2 'AA' 1.5V Batteries



Lock the bike in by inserting the pin (G) in position 1 when the bike is unfolded. In the folded position, move the pin to position 2 to lock it in place.

Quick Start Guide

- 1 After assembling your bike, set your desired seat height and resistance setting.
- 2 Download the official Ergonomyx app, create an account.
- 3 Go to the 'Connections' page by selecting the network signal  icon at the bottom of the screen.
- 4 Begin pedaling above 45rpm (shown on the digital display) and swipe down from the middle of the screen to refresh the connections, select your bike from the list (it will be shown as ESB #####), and hit connect. (Note: The number in your app will match the serial number on the inside of the frame below the seat)
- 5 You are now ready to begin using your bike!

App Control Guide

To monitor your biking stats using your phone, download the Ergonomyx App on through the app store and create an Ergonomyx account, or login as guest.

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.

NOTE:

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

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

If the bike is too short for comfortable riding, please contact customer support to purchase a seat extension kit.

The App

To get the most out of your Under Desk Bike, connect it to our Ergonomyx App once you have completed the assembly steps. Our App allows you to unlock awesome features.

For more information please visit
www.ergonomyx.com/pages/bike-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 waste. 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.