Visit us at www.DeskCycle.com for:
- Usage Tips
- Calorie Calculator
- Accessories
- And More

QUESTIONS / PROBLEMS

Support and Contact:
See the support link at DeskCycle.com

Phone (US customers):
877-426-3292

Order# _____________________

Serial# _____________________

The serial number is on the bottom of the DeskCycle.
Precautions

Failure to observe these warnings could result in physical injury or damage to the DeskCycle.

- **Do not stand on the pedals! Use the DeskCycle only while sitting in a chair.**
- Use the DeskCycle indoors on a level surface. Keep the DeskCycle away from moisture and dust.
- Make sure that the pedals are screwed in tight. Loose pedals will slowly come undone. Using the bike with loose pedals can damage the threads on the crank arms.
- Do not subject the bike to heavy shock or treat it excessively. Do not disassemble or modify it. Doing so will void the warranty.
- The DeskCycle has sealed bearings and is maintenance free. Lubricants are not necessary and can actually damage the bike.
- 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.

Safety

Warning! To reduce the risk of serious injury, please read the following safety precautions before using the DeskCycle.

- 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 precautions.
- **Do not stand on the pedals! Use the DeskCycle only while sitting in a chair.**
- Do not place this device in a location where it may cause an obstruction.

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.
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Step 1: Install the Large Leg

- Remove the nuts and washers from the Large Leg.
- Align the bolts of the Large Leg with the holes in the Bike, and push the bolts through the holes.
- Attach a Washer and a Nut to each bolt.

Do NOT tighten the nuts until step 3.

Step 2: Install the Small Leg

- Remove the nuts and washers from the Small Leg.
- Align the bolts of the Small Leg with the holes in the Bike, and push the bolts through the holes.
- Attach a Washer and a Nut to each bolt.

Do NOT tighten the nuts until step 3.
Assembly (continued)

Step 3: Level the Bike & Tighten Nuts
At this point the four nuts that attach the legs to the Bike should be loose.

- Place the Bike onto a smooth flat surface.
- Tighten the four leg nuts using the supplied Tool. Do not over-tighten the nuts!

Step 4: Install the Pedals
There is a Left Pedal and a Right Pedal. They are marked with an L for Left or an R for Right on the end of the pedal shaft.

- Screw the Left Pedal into the Left Pedal Arm COUNTER-CLOCKWISE.
- Screw the Right Pedal into the Right Pedal Arm CLOCKWISE.

MAKE THE PEDALS AS TIGHT AS POSSIBLE!!!
Using the bike with loose pedals will damage the pedal arm threads!

Tips for Installing the Pedals:
1. Make sure the pedal is straight when you screw it in.
2. Rotate the shaft with your fingers to get the threads started.
3. If you can’t get the threads started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.

Step 5: Insert the Battery into the Display
- There is a door on the back of the Display. It snaps in and out. The latch is at the top. Pry the top of the door out with your index finger.
- Remove any plastic wrapping from the Battery.
- Insert the Battery. Pay attention to the polarity.
- Press the door back into the display. Insert the bottom edge first.

Step 6: Install the LCD Display
- Plug the Connector into the Display.
- Carefully slide the Display onto the Display Bracket as shown in the picture.
Using the DeskCycle at Your Desk

The Proper Technique for Using the DeskCycle

Using the DeskCycle correctly will keep your upper body still, keep your chair from swiveling, and prevent you from pushing the bike away from you. For best results, practice using the DeskCycle as described in the tips below at the minimum resistance. Do this for a week before you increase the resistance to 2. Then use it at 2 for at least a week before increasing to 3.

Tip 1. Pedal Downward

The most important advice we can give you is to pedal downward. This will keep the bike in place. If the bike moves away from you then you are not pedaling downward.
1. Begin pushing down on the pedal when the pedal arm is around the 1 o’clock position (just past the highest pedal position).
2. Stop applying force to the pedal when it’s at the lowest position.
3. You should pedal downward throughout this range as shown by the arrows in the picture.
4. Point your toes forward on the downward stroke. This keeps your heels from hitting the floor or the rear leg.


Keeping your upper body still makes it easy to focus on your work. Your body should not move from side to side and your chair should not swivel when pedaling the bike.
- Pedal with your legs, not your body
- Don’t rock from side to side
- Pedal downward

Tip 3. Keep Your Feet Level on the Downward Stroke

When pedaling downward, point your toes forward so that your feet are level to the ground. This will prevent your heel from hitting the ground or the rear bar. See the picture below for reference.

Tip 4. Keep the Resistance Low (3 or less) When Working at Your Desk

Most people should not exceed the resistance setting of 3 when working at their desk. Higher resistances can be distracting. However, some people do just fine on level 4.

Note, when you pedal at 1 revolution per second on a setting of 3, you double the amount of calories you would burn just sitting at your desk.
Using the DeskCycle at Your Desk (continued)

Ergonomic Considerations

1. Keep your Back Supported
If your chair seat is too deep, you may need to sit towards the front of your chair in order to use the bike. In this case you can place a lumbar cushion behind your back for support.

2. Sit up Straight
Don’t slouch. Sitting up straight while using the DeskCycle will help strengthen your core. It’s also good for your spine.

If Your Knees Hit the Under Side of Your Desk
The DeskCycle has one of the lowest maximum pedal heights (only 10 inches) of all mini exercise bikes. Because of this it can work at a desk as short as 27 inches by a person who is 5 foot 8 inches or shorter. If you are taller than this, you will likely need a taller desk. We don’t recommend it for desks shorter than 27 inches.

Below are some things that will lower your knees:
- Lower your chair. This can lower your knees by several inches. In most cases this is all you need to do. Some chairs go as low as 15 inches.
- Point your toes upward on the upward pedal stroke. Then point your toes forward on the downward pedal stroke. When your toes are pointing upward, your knees will be lower by an inch or two. This technique will exercise your calve muscles as well.
- Move the bike farther away from you and extend your legs more. Extending your legs lowers your knees. You may not be able to do this if your desk is not very deep underneath.

For more details information go to DeskCycle.com and click on the ‘How To Use’ menu item.

Getting Cardio Workout with the DeskCycle
The following steps demonstrate how to do this.
1. Set the pedal resistance to 4.
2. Sit in a taller chair so that you pedal downward on the pedals.
3. Pedal the bike at a speed of at least 30 mph.
Within a few minutes your legs will burn and your heart rate will quickly elevate. Most people won’t be able to maintain 30 mph for more than a few minutes.

Note, this is for demonstration purposes only!
For actual workout suggestions, see the following web page. DeskCycle.com/pages/exercisesuggestions

Other Times to Use the DeskCycle
Use the DeskCycle while,
- Working at your desk,
- Watching television,
- Playing video games,
- Reading a book,
- Using your phone,
- Or other times when you’re sitting and your legs are free.
Using the Display

There are two numbers on the display; one on the top and one on the bottom. See the image below.

- The **Top Number** always displays your pedal speed. An **M** on the right side of this number indicates miles per hour. In some countries this will be a **K**, indicating kilometers per hour.
- **The Bottom Number** displays RPM, Distance, Time or Calories.

### The Mode Select Button

Press the **Mode Select Button** to select what the bottom number displays.

Each time you press the **Mode Select Button**, the mode changes between the 5 modes below:

1. SCAN (RPM, DIST, TIME and CALS)
2. RPM (Revolutions Per Minute)
3. DIST (Distance)
4. TIME (Time)
5. CALS (Estimated Calories)

#### SCAN Mode

When the **Scan Mode Indicator** is visible, the lower number will cycle between displaying RPM, Distance, Time and Calories. Each will be displayed for about 5 seconds at a time.

#### RPM Mode

When the **RPM Indicator** is visible, the bottom number displays your average pedal speed in Revolutions Per Minute. The image to the right shows 0 RPM, which means the bike is not being pedaled. Also note that the **Pedaling Indicator** is not displayed.

#### DIST Mode

When the **Distance Indicator** is visible, the bottom number displays an estimate of the total distance you’ve pedaled since the display was last reset. The image to the right shows 22.2 miles. Note the **M** in the picture to the right indicates miles. If your display shows a **K**, then the reading would be 22.2 kilometers.

#### TIME Mode

When the **Time Indicator** is visible, the bottom number displays the total time you’ve used the bike since the display was last reset. The image to the right shows 95 minutes and 19 seconds.

#### CALS Mode

When the **Calorie Indicator** is visible, the bottom number displays an estimate of the number of calories burned since the display was last reset. The image to the right shows 536 calories.

### How to Reset DISTANCE, Time and Calories

Time, Distance and Calories are accumulated as you pedal. To reset these all to zero, simply press and hold the **Mode Button** for about 3 seconds.

### How to Turn the Display On and Off

The display automatically turns on when you pedal the bike. You can also turn the display on by pressing the **Mode Button**. The display automatically turns off a few minutes after you stop pedaling.
A More Accurate Calorie Estimate
Exercise bikes display Calories and distance. Unfortunately most bikes are only accurate when the bike is set to its maximum resistance. This is because the display doesn’t know the resistance your bike is set to. To get a more accurate Calorie (and cycling distance) estimate, you have to know the power that you are putting into the bike. The ability to measure power adds hundreds of dollars to the cost of the bike.

Our online Calorie Calculator solves this problem by letting you enter your resistance level. It also uses your height, weight, gender, and age for improved accuracy. Since the other bikes don’t do this, their calorie estimate can read up to 10 times higher than the number calories you actually burn.

Calorie Logging
Create a free account and save your daily progress with a click of a button. Then view your daily, weekly and monthly progress using the Progress Viewer.

Fitbit Interface
Save your daily DeskCycle usage to your Fitbit® account as either footsteps, or cycling miles on a road bike.

The Calorie Calculator and Logger is free and is located at DeskCycle.com.

Display Stand for Your Desk
The DeskCycle comes with a Display Stand for those who use the DeskCycle at their desks.

The Display Stand lets you move your display to your desktop.

Connection Instructions:
1. Plug one end of the extension cable into the back of the display.
2. Slide the display onto the display stand.
3. Place the stand on your desk.
4. Plug the other end of the cable into the female connector on the DeskCycle. The female connector is shown in the picture to the right.
5. Route the wire so that there is no chance that you will hit it with your feet while pedaling.
Using the Tether for Slippery Floors

The DeskCycle comes with a long Velcro® strap. It can be used to tether the bike to the chair as shown in the picture below. The strap is made from Velcro® loop material. On the back side of one end is Velcro® hook material.

Most People Do Not Need the Tether
Most people do NOT need the tether. Pedaling the bike downward will keep it in place on carpet even if your chair has wheels. The tether may be needed if you use the bike on a slippery surface. Before you decide to use the tether, read the section “Tips for Using the DeskCycle” in this manual.

Installation:
1. Position the bike in front of your chair.
2. Sit in your chair and pedal the bike. Your knees should be bent at about 25 degrees from fully extended when the pedal is farthest away from you.
3. Route the Velcro strap as shown in the picture below. Notice that the strap goes over the rear bike leg and under the frame. Keep the strap as low as possible.
4. Stretch the loop tight and attach the end with the hook material to the loop material to make a tight loop.
5. Pedal the bike to make sure the distance is correct. Adjust if necessary.
6. Cut away the excess Velcro strap using a pair of scissors. This will make it easy to quickly create the same size loop later.
Removing the Pedal Straps

Some people prefer to use the bike without the pedals straps. When the pedal straps are removed the top of the pedal will always face up. This makes it easier to quickly place your feet on the pedals.

- The top and bottom pedal halves snap together.
- You can remove the straps whether the pedals are attached to the bike or not.

Follow the steps below to remove the straps.

**Step 1:**
Insert a flat screwdriver into one of the slots. Rotate the screwdriver downward to pry the halves apart. You should hear a slight pop as one of the snap-fittings comes loose. There are 4 snap-fittings holding the pedals together.

**Step 2:**
Insert the screwdriver into the 2nd slot and repeat step 1.

**Step 3:**
Now insert the screwdriver into the gap on the side of the pedal. Twist the screwdriver to pry the halves apart.

**Step 4:**
Slide the screwdriver to the right and twist again. Repeat until you hear the snap-fitting release.

Repeat steps 3 and 4 on the other side of the pedal. At this point you should be able to pull the halves apart.

**Step 5:**
The straps are pressed onto the posts as shown in the picture on the right. Just pull up on the ends of the straps to remove them.

**Step 6:**
Press the halves back together.
Optional Accessories

Sit-Brake Casters & Dycem Pads

If using the DeskCycle on a smooth floor your chair will want to roll away from the bike. You can use the Velcro® tether that came with your DeskCycle to tether the bike to your chair (see page 8).

An alternative is to replace the casters on your chair with sit-brake casters. These keep your chair in place when you are sitting down, and allow the chair to roll when you are not sitting on your chair. These come with Dycem® pads which keep the DeskCycle in place on slick floors.

Short Front Leg

Pros: This leg gives you another inch of clearance between your knees and the underneath side of your desk.

Cons:
- It places your feet closer to the ground. It becomes more important to point your toes forward on the downward pedal stroke to prevent your heels from hitting the ground.
- Some people may have a physical condition that limits how much they can point their toes.

Before purchasing this leg, read the section “Tips for Using the DeskCycle” in this manual. The paragraph “If your Knees Hit your Desk” has suggestions for lowering your knees.

See the accessories page at www.DeskCycle.com for a complete list of accessories.

Adjusting the Resistance

Adjusting the Pedal Resistance

- There are 8 tension settings.
- The Tension Indicator arrow points to the current tension setting.
- The higher the number, the higher the pedal resistance.
Care
• Do not stand on the pedals! The DeskCycle was not designed to be used while standing.

Maintenance
The DeskCycle requires no maintenance.

Do Not Lubricate
The DeskCycle contains sealed bearings that provide many years of maintenance-free use. No lubrication is needed. Some lubricants contain chemicals that can actually harm the bearings.

Support
For answers and support go to DeskCycle.com.

Locking Your DeskCycle to Your Desk

There is a Kensington slot on the Front Leg of the DeskCycle.

You can use this slot to secure the DeskCycle to one of your desk legs with a standard Kensington laptop lock (sold separately).
Full 1 Year Warranty

We stand behind our products. The DeskCycle and its accessories are covered by a full one year warranty on all parts and labor. This warranty is for US customers only. Outside of the US, the warranty depends on your local distributor. The support contact link for your country can be found on the Contact Us page at deskcycle.com.

What Is Covered?
We warrant the DeskCycle against defects in material or workmanship for a full year from the date of purchase.
- Parts: All parts are covered under this warranty.
- Labor: All labor is covered under this warranty.
- Shipping: Any and all shipping is covered by this warranty.

What Is Not Covered?
This warranty does not cover damage caused by neglect, abuse or misuse.

How do I get Service?
Contact us through 3dinnovations.com, deskcycle.com or contact the store that you purchased it from.

No Need to Register for the Warranty
We don’t put our customers through the hassle of registering for their warranty. If you purchased the bike in the US and use it in the US, you are already covered.
### Troubleshooting

**PROBLEM: I CAN’T INSTALL ONE OR BOTH OF THE PEDALS**

**Are You Installing The Correct Pedal Into The Correct Pedal Arm?**

Note that there is a left pedal and a right pedal. They are different from each other.

- The *Left* pedal is marked with an **L**.
- And the *Right* pedal is marked with an **R**.
- The marking is on the end of the pedal shaft.
- The pedal arms are also marked with a label.

Make sure you install the left pedal into the left pedal arm and the right pedal into the right pedal arm. See the “Assembly” section in this manual for more details.

**Are You Screwing The Pedals In Correctly?**

- Make sure the pedal is straight when you screw it in. The pedals should not be screwed in at an angle. This will cause cross-threading which can damage the threads.
- Rotate the shaft **with your fingers** to get the threads started.
- If you can’t get the thread started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again. Contact us if you still have problems.
- The right pedal screws in clockwise
- The left pedal screws in counter-clockwise.

If you are still having problems installing the pedals, contact us for assistance.

**PROBLEM: THE DESKCYCLE MAKES NOISE WHEN I PEDAL IT**

DeskCycles are designed to be quiet. We guarantee it, and it is covered under the warranty. Try each solution below to see if it solves your problem. If the noise is still there after you’ve tried these solutions, contact us so that we can help you solve the problem.

**Solution 1: Tighten The Pedals**

Make the pedals as tight as possible using a 15mm wrench. See the Assembly section for instructions.

**Solution 2: Tighten The Nuts That Attach The Legs**

Each leg is attached to the bike using two nuts. You can use a 13mm wrench to tighten these nuts. Be careful not to over-tighten the nuts.

For more troubleshooting topics see our troubleshooting page at DeskCycle.com