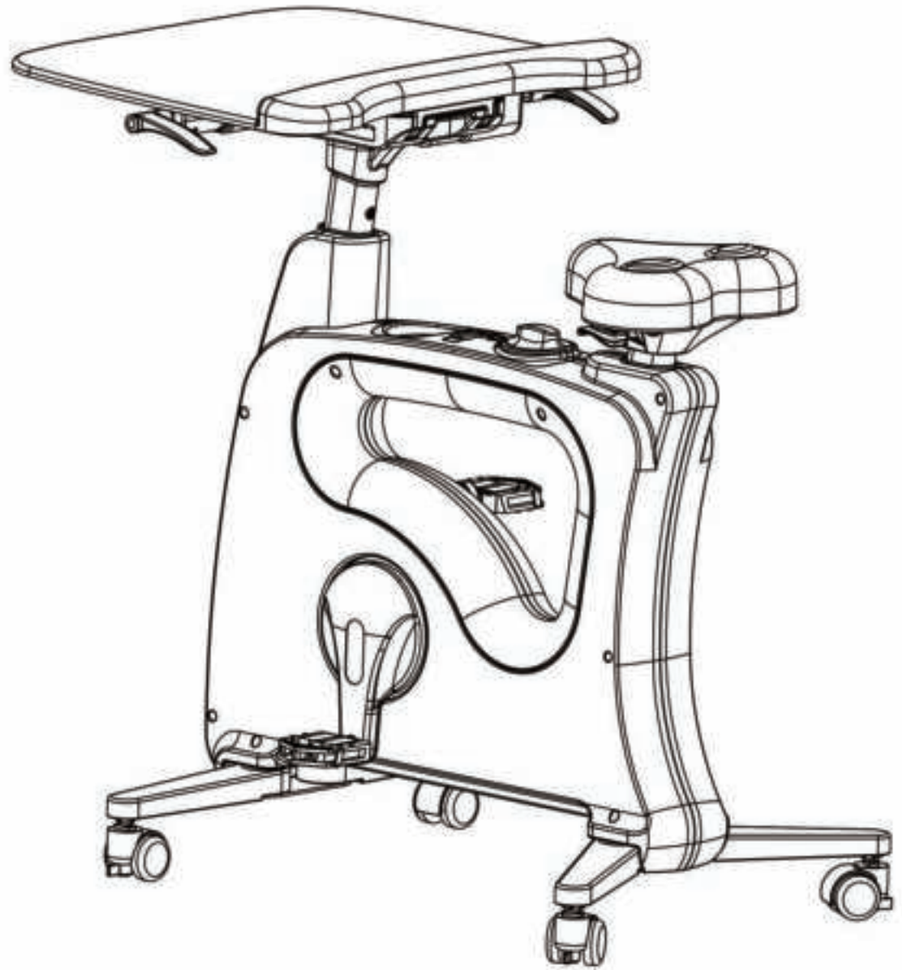
Item No. F209DT

INSTALLATION GUIDE



⚠ 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 136 kg / 300 lbs.

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

Package Included

Accessory package list

1.
Bolt
M8x 35 MM
(1 PC)

2.
Hex key
6x6mm
(1 PC)

3.
Coaster
Φ89 x 2 mm
(1 PC)

4.
Pedal Cover

(2 PCS)

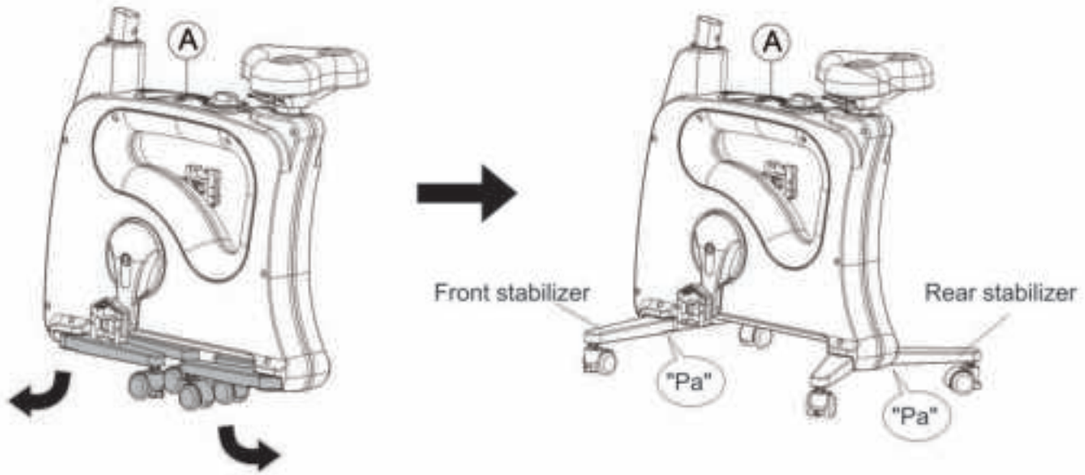
Part list

A.

B.

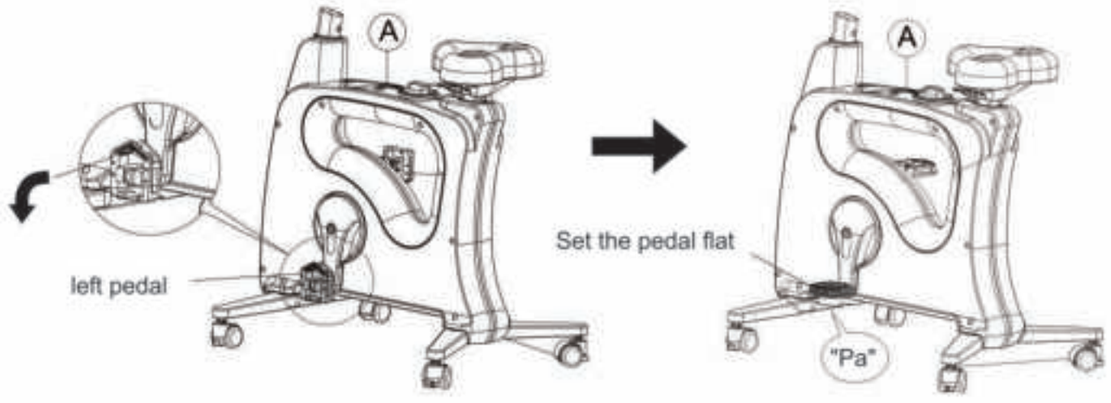
Assembly step 1

Outspread the 4 legs of bike base (A), which will be fully extended when you hear the sound "Pa".



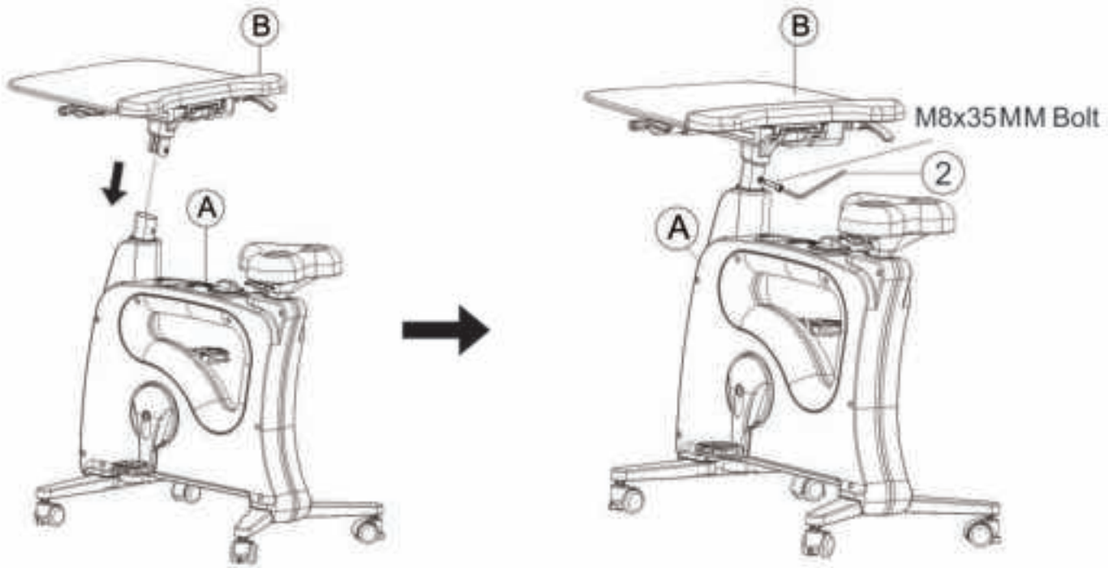
Assembly step 2

Outspread both left and right pedals until you hear the sound "Pa".



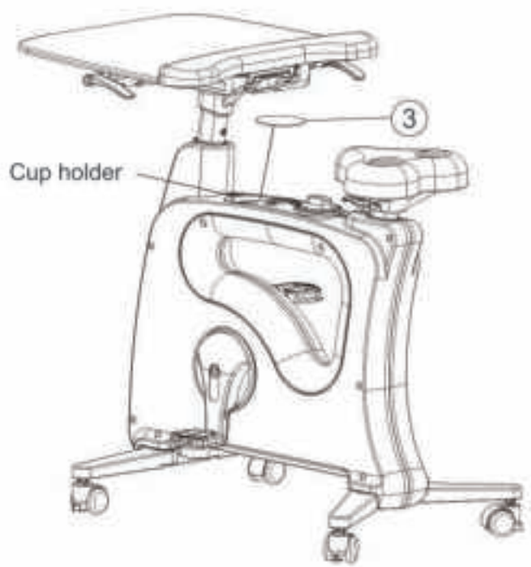
Assembly step 3

Insert desktop (B) into the bike base (A), locking the screw on the base firmly with a screw (1) using a hex key (2).



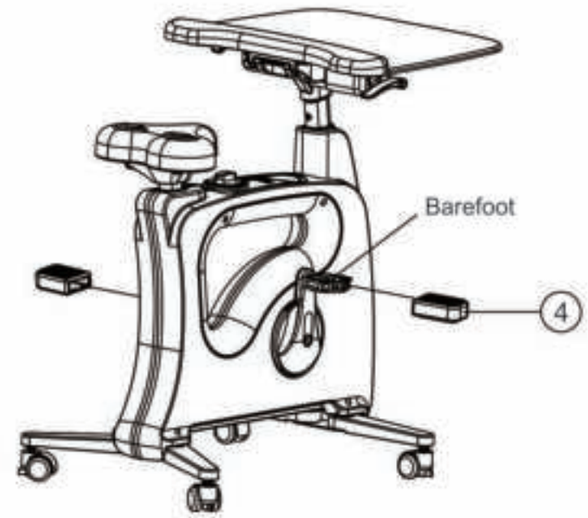
Assembly step 4

Insert the anti-skid pad into the cup holder.



Assembly step 5

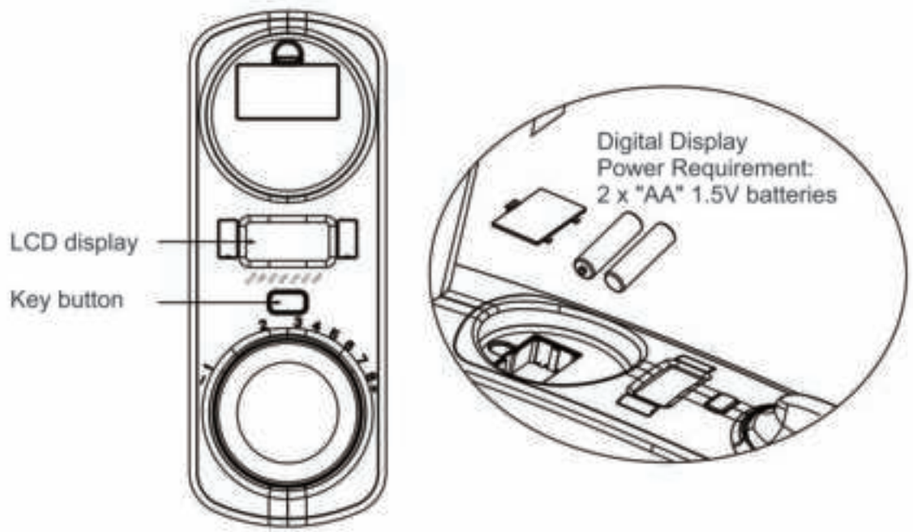
Slip the pedal cover(4) into each pedal so that you can use the bike even you are barefoot.



LCD display operation guide

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.

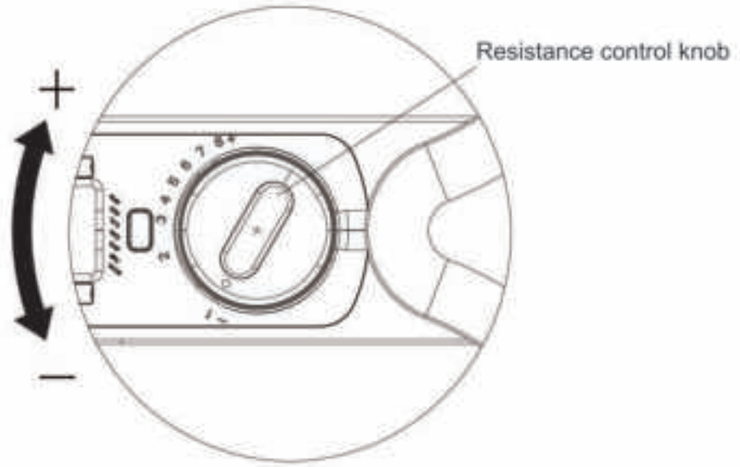
SCAN : Readout will be changed automatically one by one per 5 seconds
TMR : Time you exercised
SPD : The speed when you exercise
DIS : Distance you exercised
CAL : Calorie you burned during your exercise
ODO : Total distance you exercise
RPM : Speed of the wheel



Using the Bike

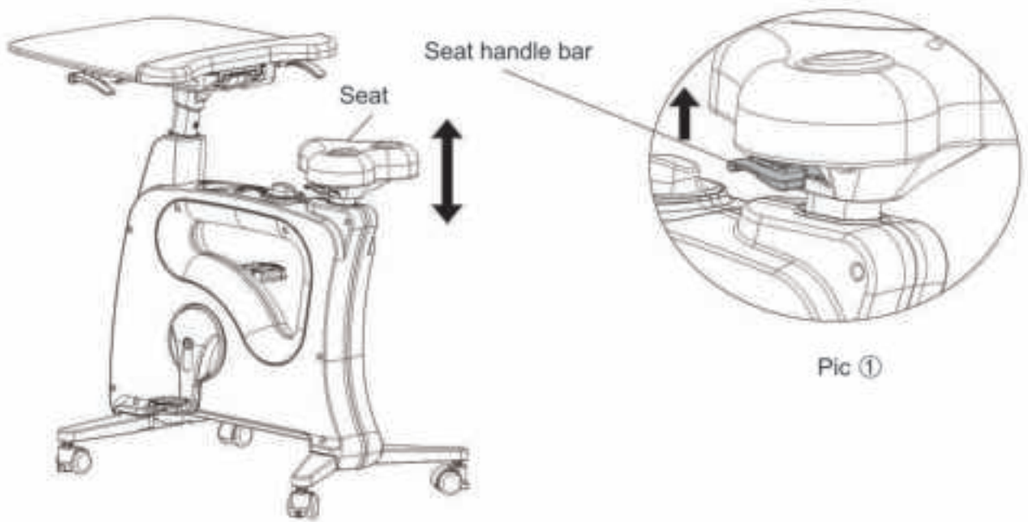
1. Magnetic resistance adjustment

The resistance control knob allows you to adjust the resistance level in increments from 1 to 8, with level 8 offering the most resistance. To increase the resistance level, turn the resistance control knob in the "+" direction. To reduce the resistance level, turn the knob in the "-" direction.



2. Adjusting the seat

Proper seat adjustment is essential to a comfortable ride when using the desk bike. If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat down. If your leg is bent too much, you will need to move the seat up by lifting up your hip and pressing the handle bar. The seat handle bar locate below the seat (see picture).



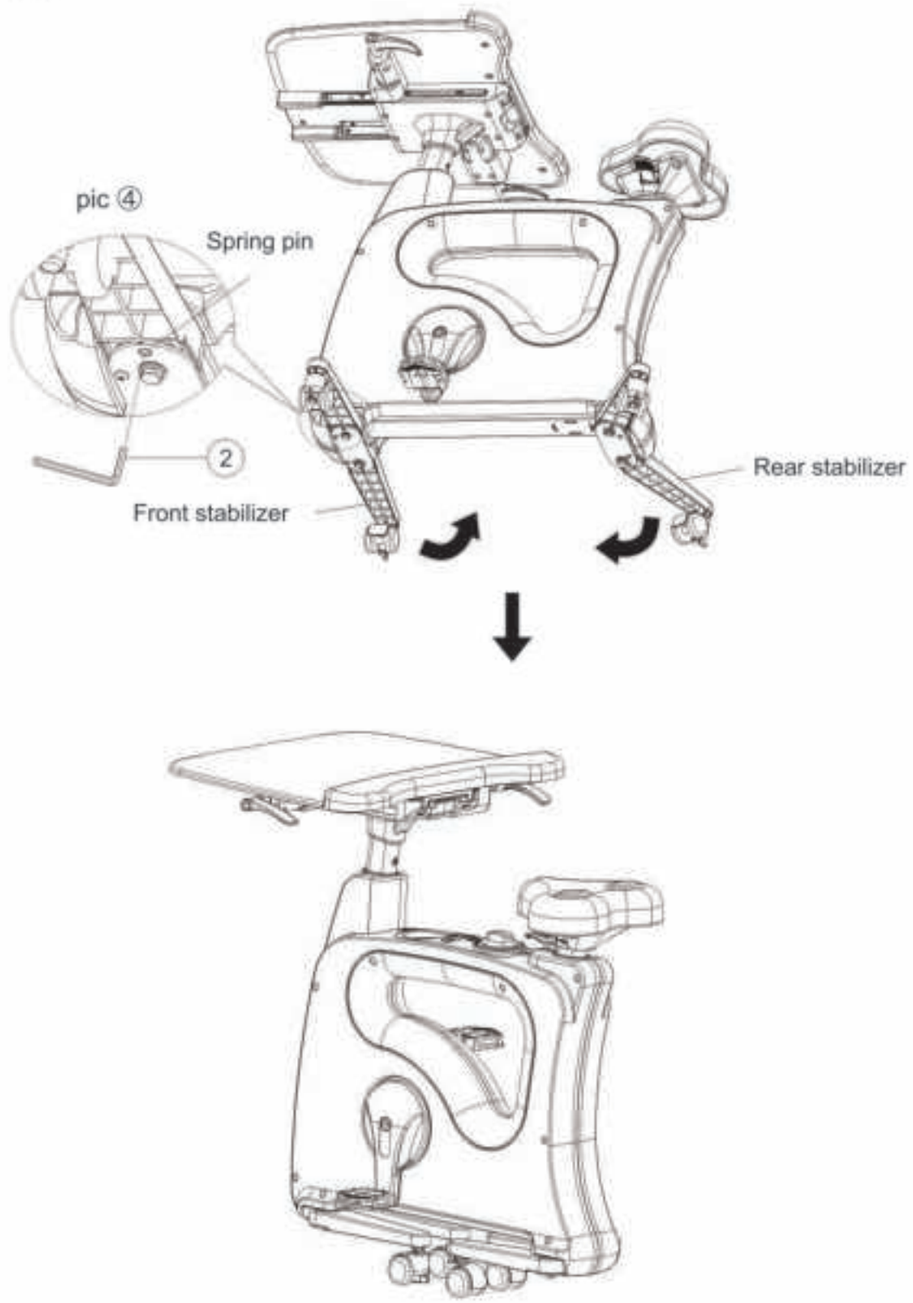
Pic ①

3. Adjusting the desktop forward/backward

To make it easy to read at a comfortable eye distance while cycling, the desktop can be adjusted forward or backward. Simply press the left handle bar below the desktop to adjust it backward and forward.

4. Adjusting the desktop height

Press the right handle bar to adjust the height of the desktop.

5. Repacking the bike for storage

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:
First, lower the bike onto its side, then locate the button under the legs (shown in pic ④). Use the hex key (2) to push the button. This will allow you to fold the front and rear stabilizers neatly beneath the bike.