

# THE SMART UNDER-THE-DESK BIKE



**ERGONOMYX**  
INSTRUCTION MANUAL

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# GETTING STARTED

## INTRODUCTION



Welcome to the Ergomyx Smart Under-the-Desk Bike User's Manual.

In this guide we will cover everything you need to know to operate your Smart Under-the-Desk Bike, and the Ergomyx app. After finishing the guide you will have everything you need to Sit. Stand. Move!

If you have any questions or concerns after completing the manual, please reach out to us via our email (listed on the last page).

## SETTING UP YOUR ACCOUNT

10:41 ↗



### Create new account



Username

Enter your name

Email address

Enter your email

Next

[See terms and conditions](#)

In order to use your Ergomyx products to their full potential, you will need to install our app and create an account.

You can download the Ergomyx App off of Google Play or the Apple App Store.

Once you have downloaded the app complete the following:

1. Click "Sign Up" underneath the log in button.
2. Enter your Username and Email.
3. Create and confirm a password.
4. Verify your email address. Check your spam folder if you cannot find the email, then click the verify link.
5. Once you verify, log into the app on your phone.
6. Now you are ready to proceed!

## USING THE APP

### BLUETOOTH CONNECTIVITY



#### The Connect Icon



After downloading the App and creating your account, the first step is to connect your devices to Bluetooth.

#### CONNECTING TO THE APP:

1. Pedal a couple times to startup the bike.

**NOTE:** If the bike is out of battery power you may have to pedal continuously to keep it on.

2. Click the app's Connect Icon on the navigation bar at the bottom of the screen and refresh devices.

Select the bike (default name is bike PCB serial number) and click the connect button.

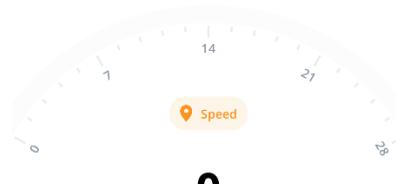
3. Once connected you are shown the Bike Monitor, displaying Speed, power, calories, etc.

**NOTE:** Battery percentage is only shown when the bike is not generating power.

You're ready to use the app!

Distance (mi)    Calories (cal)    ePower (mW)

0    0    0



0

Miles/h

**Bike Monitor**

## THE SMART UNDER-THE-DESK BIKE

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### ADJUSTING THE BIKE SEAT HEIGHT

Just like with a normal bike, the Smart Under-the-Desk Bike comes with an adjustable seat.

#### **TO ADJUST:**

1. Slightly loosen the red and black knob by rotating counter-clockwise.
2. Pull the red and black knob slightly to free the seat post
3. Slide to desired position and ensure the knob clicks back into place.
4. Re-tighten the knob by rotating clockwise.

As a beginner's tip for getting a comfortable seat height: raise the seat to the same height as the top of your legs or the bottom of your hips.

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### STORING THE BIKE

For easy and compact storage you can fold up the Smart Under-the-Desk Bike when you are finished exercising.

#### **TO FOLD THE BIKE:**

1. Pull Silver pin out of frame.
2. Fold bike.
3. Re-insert pin to hold in folded position (the break cable may be in the way requiring you to wiggle the pin a bit to get it in).

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### WORKING THE BREAKS

To use the bike's resistance feature, simply turn the black knob in the center of the bike in the indicated direction to loosen or tighten the break. Once the resistance stops changing with rotations, you have reached the maximum break setting. Excessive rotation past max values should be avoided.

As the resistance increases the bike will have a bit of a "Lurching" feeling. This is expected, and is a result of the magnetic break.

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### USING THE BIKE'S DISPLAY PANEL

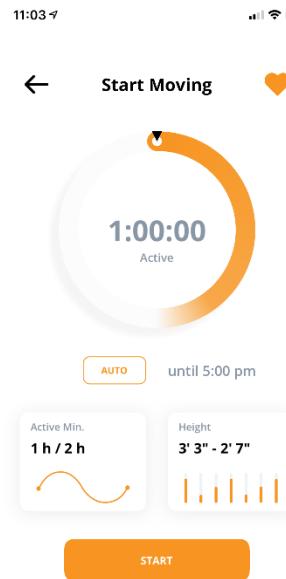
The bike display is the small panel attached to the front of the bike, designed to quickly relay information to you while you pedal.

This display will turn on and off automatically as you pedal or rest. To switch between modes just click the display's button.

**TO RESET THE DISPLAY:** hold the black button down for a couple seconds until you see the screen reboot.

## MAKE IT YOUR OWN

### USING ROUTINES



Routines are like timers, they count down the specified time, and then alert you when the time is up with a prompt to move. Letting you focus on your work while the app focuses on your health.

You can reach your Routines screen in the app by clicking the bell icon in the navigation bar.

Make your own custom routines by clicking the plus (+) icon in the top right corner of the Routines List. To rename your routine: click its name.

Routines can have custom heights outside your default height settings (for the desk), as well as custom timers for time spent being active and time resting. For the desk, Active Mode is time spent standing, and for the bike it's time spent pedaling.

Once the time is up, if the prompt to change stance is accepted, the Bike chart data will change to reflect the new state, and the next timer will begin.



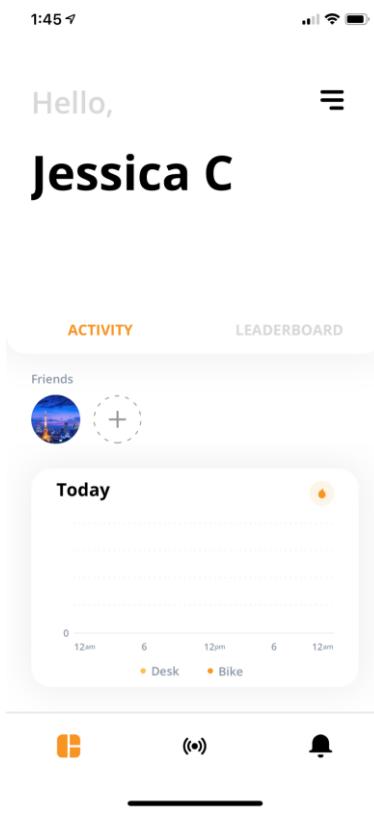
**SETTING CUSTOM HEIGHTS:** Go to the Height Menu by clicking the height button in the routine's control page. Use the +/- buttons to set the Active Height. Click the top toggle to switch modes and set a height for resting. Click confirm to save changes.

**SETTING CUSTOM TIMES:** Go to the Active Minutes menu by clicking the Active Minutes button in the routine's control page. Drag the bar to set your time, or click the time to set an exact value. Use the top toggle to switch modes and set a time for Resting. When you are done, click confirm.

**THE AUTO FEATURE:** (SAS Desk Specific Setting) Located under the clock wheel, the auto feature lets the desk raise and lower automatically for a specified amount of time, without the need for user confirmation or prior notification. You can select what time you would like the auto feature to stop by clicking the time beside the auto button.

When you select the auto button there will be a safety disclaimer that you must accept in order to use this feature.

## THE DASHBOARD



### WELCOME TO THE DASHBOARD

The dashboard is the center of the app. From here you can add friends, access core settings and pages by clicking the icon in the top right, see your leaderboard ranking and monitor your recent health activity.

### ACTIVITY WINDOW

You can see your recent activity summarized on the dashboard under your friends list, but you can also view your stats in more detail by clicking on the graph box. You will be taken to your stats page, which summarizes your lifetime Desk and Bike Data. By clicking on any of the summaries, such as calories burned, you can view a more in-depth graph that can be sorted by Day, Week, Month, and Year.

When you are done, select the arrow on the top left to return to previous screens.

### CONNECT WITH FRIENDS

With the app, you can connect with your friends and coworkers by going to your Dashboard's Activity Tab and clicking the plus (+) icon.

In the Friends Screen you can view existing friends, manage friend requests, or look at suggestions for people you may know. If you don't see who you're looking for, you can search for them by hitting the magnifying glass icon in the top right of the screen.

### LEADERBOARD CHALLENGES

You can view the app's Leaderboard Screen by selecting it on your dashboard. The leaderboard can be sorted by Usage, Calories, and Distance (for Bike users), data is collected automatically for each of these categories whenever you use the Bike or Desk. To view the specific details of the leaderboard click the box with the top three users.

## PRODUCTS & SERVICES

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### SMART UNDER-THE-DESK BIKE

Track your time cycling and well as calories burned, distance cycled, Rpm, and more!



Lightweight, durable, compact, and collapsible.

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### SMART SIT-AND-STAND DESK



Track time sitting and standing, as well as remotely control the desk and establish sitting and standing routines.

Made from sustainable bamboo desktop material.

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### THE ERGONOMYX APP



Use the Ergonomyx app to track performance data, manage routines, and compete with friends and colleagues.

Pairs with other Ergonomyx products.

Available for free on Google Play and the Apple App Store.

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Order now at <https://store.ergonomyx.com/>

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## WHO WE ARE

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At Ergonomyx, our mission is to provide sit down jobs with an active and healthy workspace environment, in a way that is both effective and non-disruptive to workflow. We devote our efforts to the research, development, and improvement of our products for a healthy workplace environment through the knowledge and expertise of a culturally-diverse team.

Ergonomyx is a customer-centric company. We innovate based on the customer's needs. This philosophy is demonstrated on in all steps of the product research, design, development, manufacturing, marketing, and post sales.

Key features of our products were designed based on our customers' input. We're in business to serve the needs and desires of our customers.

## CONTACT US

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If you have any further questions or concerns about your Ergonomyx products you can reach us at our office location, by email, or by phone, and we will be happy to assist you:

**303-3948 QUADRA STREET  
VICTORIA, BC, V8X1J6**

**PHONE:** 833-746-6669

**EMAIL:** [customersupport@ergonomyx.com](mailto:customersupport@ergonomyx.com)

**WEB:** <https://www.ergonomyx.com/>



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