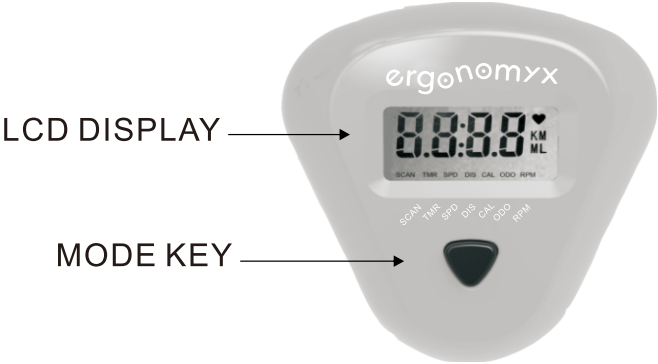


Bike Display Panel



The bike display is the small panel attached to the front of the bike, designed to quickly relay information to you while you pedal.  
To switch between modes just click the display's button.

- 1) The mode key under the LCD Display allows you to select a function. Reset the data to zero by pressing the MODE KEY for several seconds.
- 2) The display turns off automatically when the bike is not in use for some time, or nothing is pressed for approximately 4 minutes.
- 3) The LCD Display can be activated again by pressing the Mode key or by pedalling on the bike

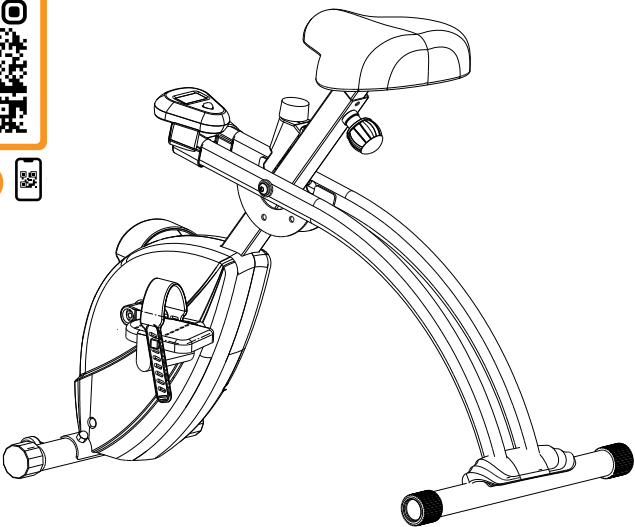
Thank you for choosing Ergonomyx! We are excited to be part of your new and improved office space, we want to help you get the most out of your working day!

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

Prefer watching  
a video?



SCAN ME



Parts List

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 service.

| No. | Image | Name          | Qty |
|-----|-------|---------------|-----|
| 1.  |       | M8x50 mm bolt | 4   |
| 2.  |       | washer        | 4   |
| 3.  |       | M8 nut cap    | 4   |
| 4.  |       | Multitool     | 1   |
| 5.  |       | washer        | 3   |
| 6.  |       | M8 nut        | 3   |
| 7.  |       | Pin           | 1   |

The App

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



SCAN ME



SCAN ME

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

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

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

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



Attention

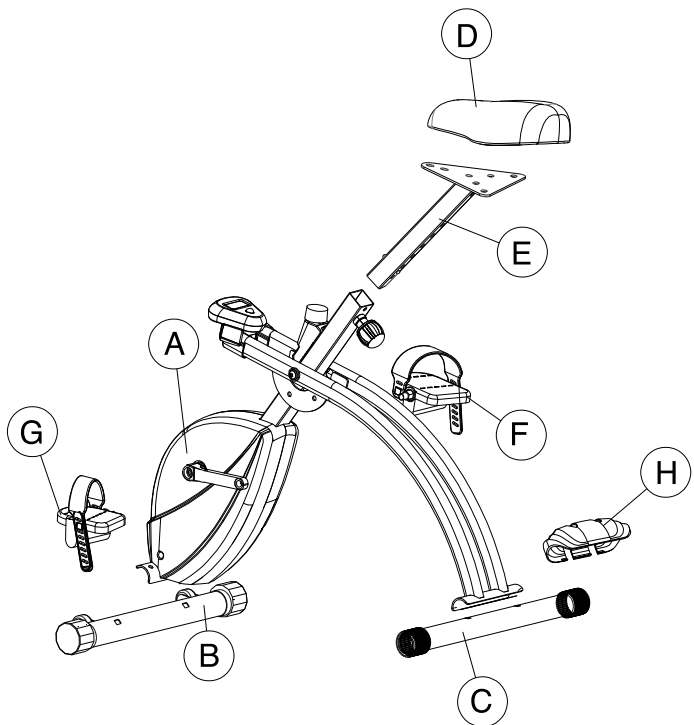
Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

- 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. Adult supervision is required for users under 18 years.
- 9. Remain seated while using bike - do not stand on pedals.
- 10. Maximum weight capacity of this bike is 220 lbs or 100 kgs
- 11. This exercise bike is designed for users with a height of 5.1ft - 6 ft

Welcome To The Ergonomyx  
Family!

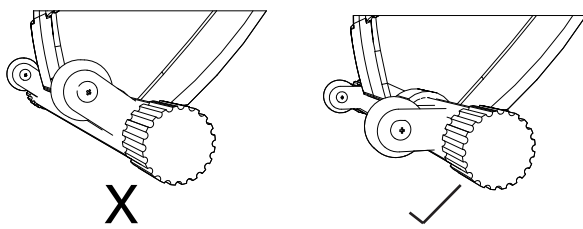
Component List

| No. | Part           | Qty | No. | Part            | Qty |
|-----|----------------|-----|-----|-----------------|-----|
| (A) | Bike Frame     | 1   | (B) | Front Roller    | 2   |
| No. | Part           | Qty | No. | Part            | Qty |
| (C) | Back Roller    | 2   | (D) | Bike Seat       | 2   |
| No. | Part           | Qty | No. | Part            | Qty |
| (E) | Bike Seat Post | 1   | (F) | Right Pedal     | 1   |
| No. | Part           | Qty | No. | Part            | Qty |
| (G) | Left Pedal     | 1   | (H) | Back Bolt Cover | 1   |

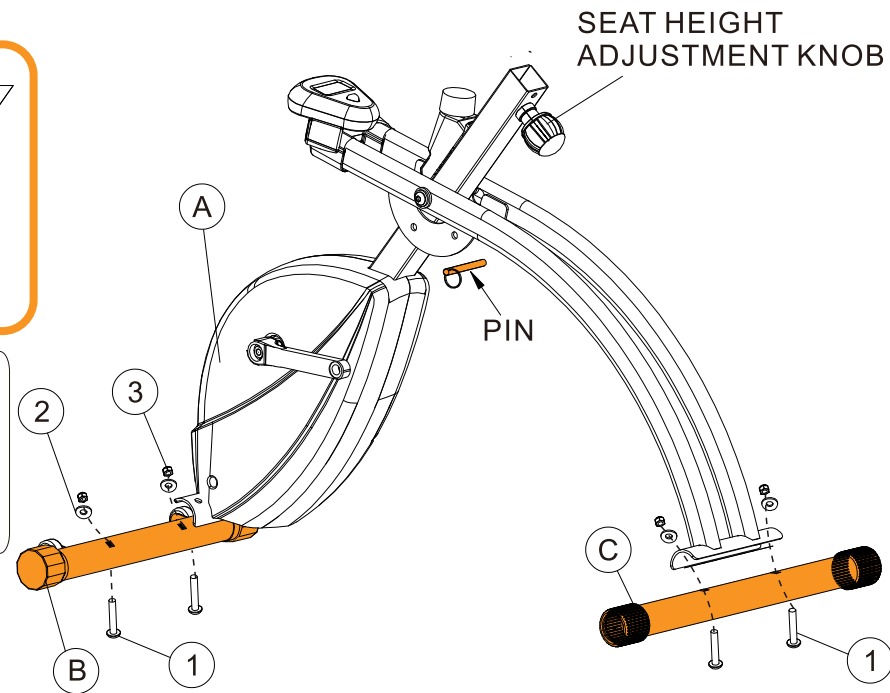


1

Place the Bike frame(A) in an upright position, remove the pin(7) located at the center of the frame, extend and place on ground. Attach the Rear Roller (C) to the Bike Frame(A) using the provided M8x50mm bolts(1) and washers(2), then place M8 caps(3) on top and tighten using multitool(4)



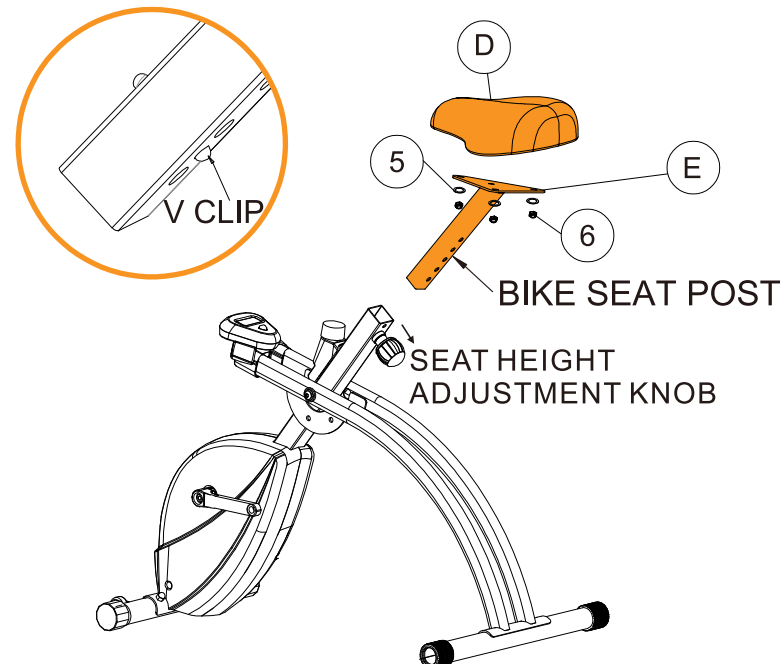
**NOTE:** When attaching Front Roller (B) to Bike Frame (A) Ensure wheels are parallel to the floor, as picture above.



2

Attach seat(D) to bike Seat Post(E) using provided Nut caps(3) and washers(5).

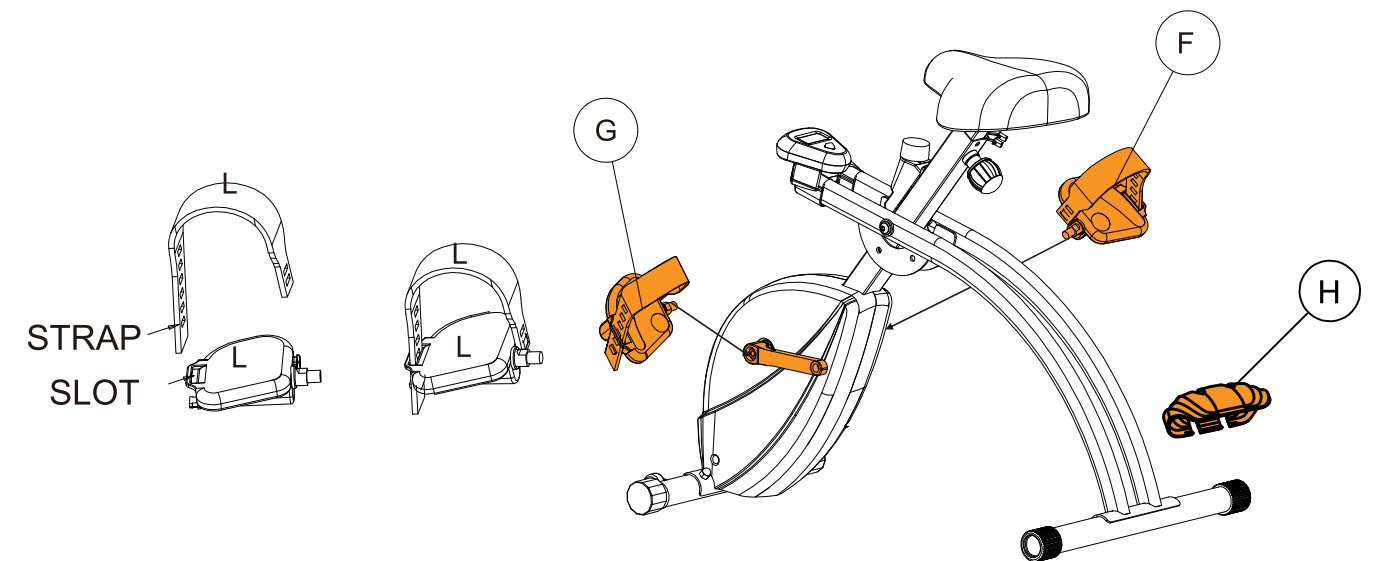
Pull the seat height adjustment knob outwards and slide the bike seat post(E) into the bike frame(A), tighten the bike seat post(E) clockwise after hearing a clicking sound.



2

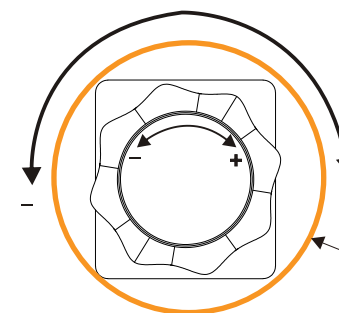
3

Attach the right(F) and left pedal(G) to each crank arm, then tighten them with multitool(4)

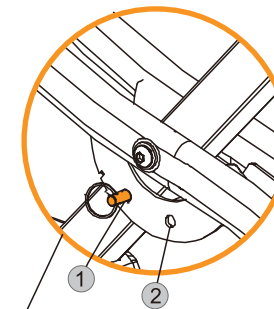


**Note:** Make sure that the right and left pedals are installed in their corresponding side.

### Additional Information



Turn the resistance dial in the "+" direction to increase the resistance, and turn towards "-" to reduce the resistance



Release the seat height adjustment knob by rotating counter clockwise and pulling the adjustment knob outwards to adjust seat height. Tighten the adjustment knob by rotating clockwise until you hear a clicking sound.

Please adjust seat height according to your size before using.

Digital Display Requires 2 'AA' 1.5V Batteries

3