INSTRUCTION MANUAL

Mobile App

ergonomyx
workspace fitness

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1 Getting Started

In this section:

Setting up your Account

Setting up your account

In order to use your Ergonomyx products to their full potential, you will need to install our app and create an account.
You can download the Ergonomyx App off of Google Play or the Apple App Store.

Click on the images to go to Download page for Appstore or Google Play.

GET IT ON
Google Play

Download on the
App Store

Setting up your account

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.

Welcome!

Sign in or create a new account.

Continue to Sign In

No account yet? Sign Up

Setting up your account

Once you have downloaded the app complete the following:

←

5   Once you verify, log into the app on your phone.

6   Now you are ready to proceed!

NOTE: Toggle the "Remember me" option to log in automatically in the Future

Welcome back!

Email or username

Enter your email or username

Password

Enter your password

Remember me

Get Started

Forgot your password?

2

Using the App

In this section:

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.

Expands additional menu. Here you can find the desk remote, bike monitor and general settings

Hello,

Victoria

Clicking on the dashboard username will take you to the Profile Subpage

Clicking on the gauge will take you to the personal goals submenu

ACTIVITY   LEADERBOARD

Friends

You can see your recent activity summarized on the dashboard Clicking on the dashboard's graph will show you more details. Swipe left or right to switch between activity or the Leaderboard screen

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

Today   Mar 04

400
300
200
100
0
12am   6   12pm   6   12am

● Desk   ● Bike
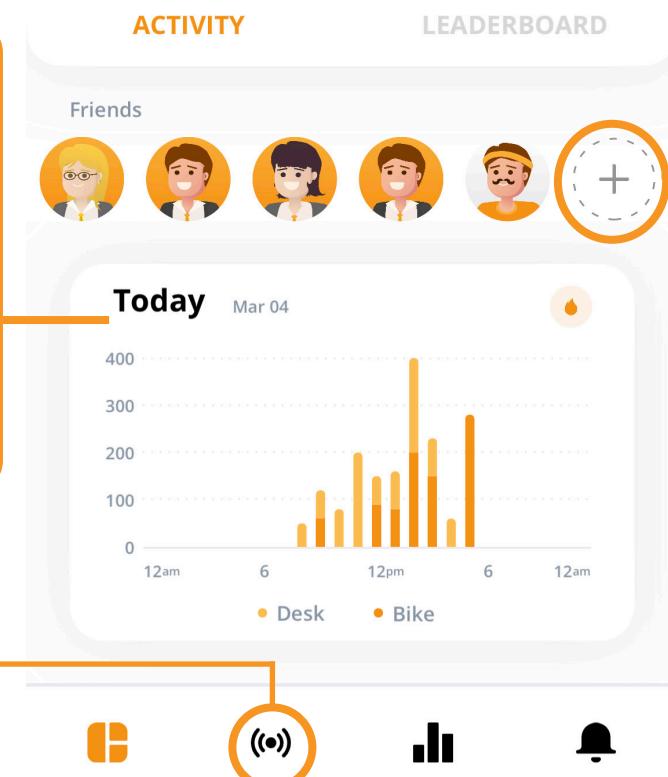
Connect your ergonomyx products by tapping on the icon

Connecting Your Device

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

CONNECTING TO THE APP:

Making sure the desk is plugged in prior, click the app's
Connect Icon on the navigation bar at the bottom of the screen.
Allow the app to locate your device, select the picture to open and click the connect button. Wait for confirmation, and you're ready to use the app!

NOTE: Pedal a couple of times to turn bike on and have it show up.

Connecting Your Device

CONNECTING TO THE APP:

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

NOTE: Refresh by swiping down on screen if you don't see your device

Connections

MY DEVICES

ESD Qs8SsnyH

NEARBY DEVICES

ESB ZRRhuBGh
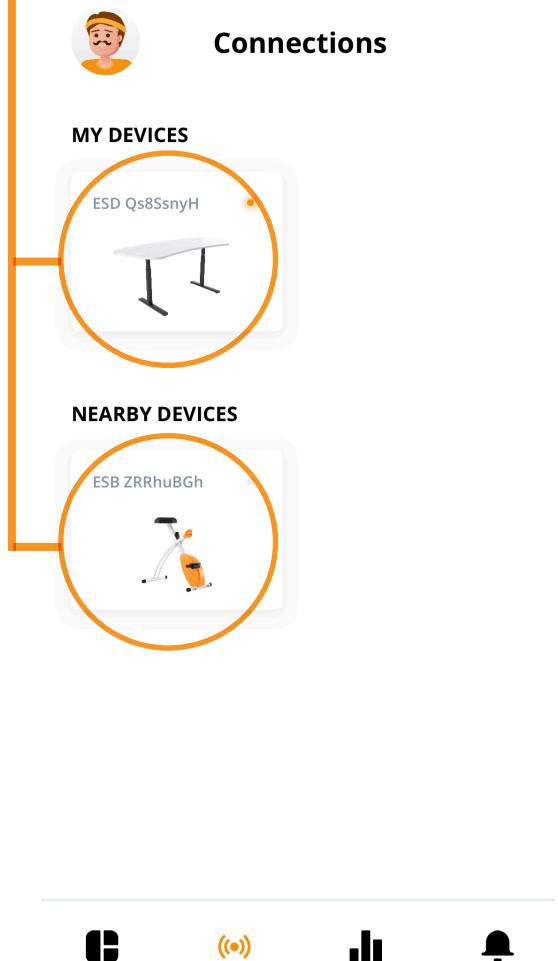
2 To open the bike monitor (or in the case of the desk, the Control menu). Simply tap below the connect button on "Bike Monitor" or "Adjust Desk" for the Desk.

← **ESB ZRRhuBGh**

Device Number	**Status**
ESB ZRRhuBGh	ON

Last Used

Mar 4, 2021 at 15:58:03

DISCONNECT
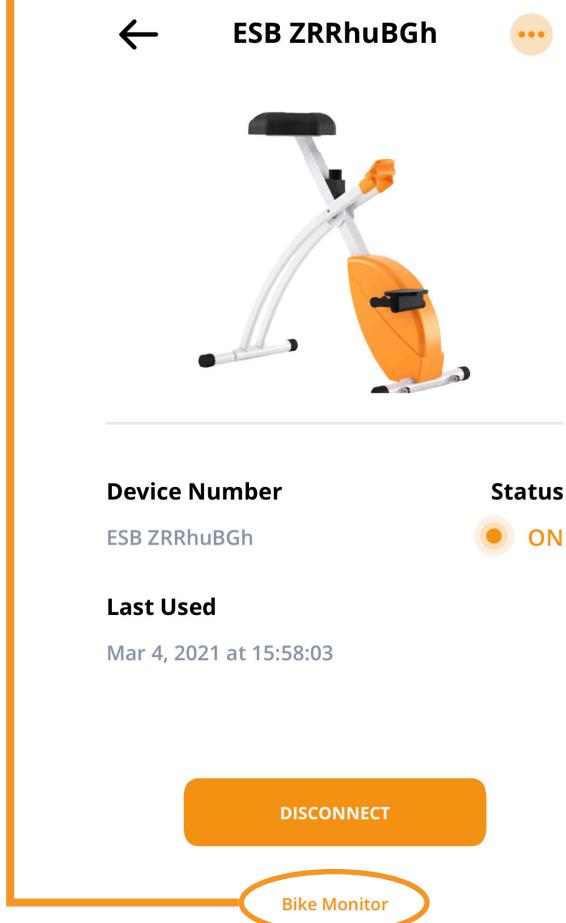
Bike Monitor

Connecting Your Device

CONNECTING TO THE APP:

If connected to the Bike, you are shown the Bike Monitor, displaying Speed, power, calories, etc.

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

← **Bike Monitor**

00:52

Distance (km)	Calories (cal)	ePower (mW)
0.3	4.4	3.8

20

10

30

● Speed

0

40

25

Km/h
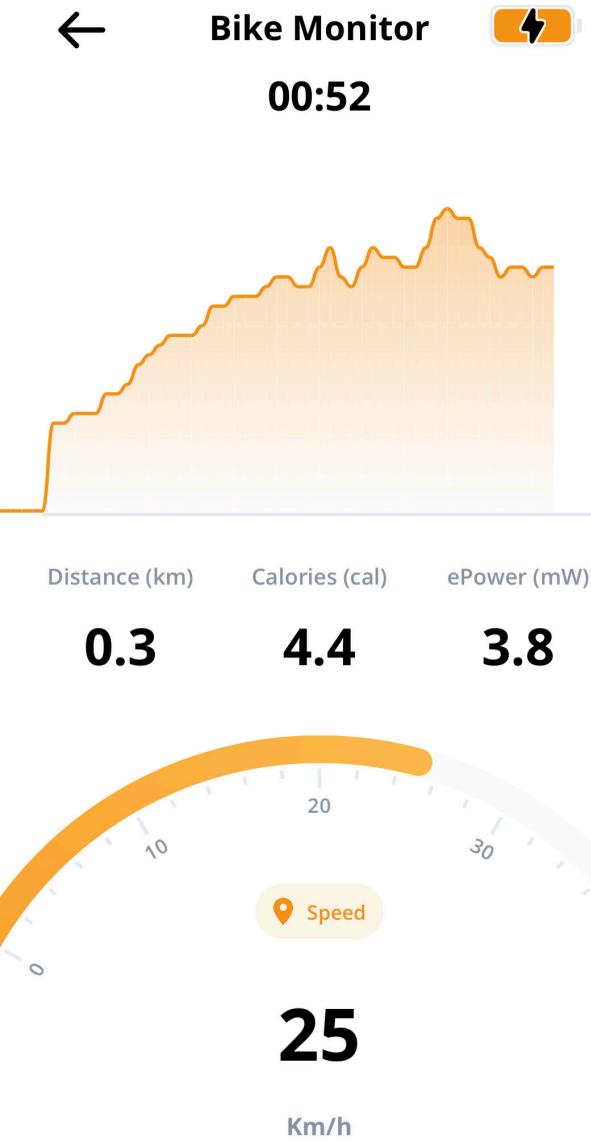
Toggling Desk Features

In the app on the Desk remote page, the user can toggle various desk features.

Toggles the tap/hover feature. This feature allows you to move the desk without touching the surface.

Enables or disables the desk's Haptic Vibrations.

You can also lock and unlock your desk on this page, by tapping the lock icon.

Desk Remote

+

98 cm

−

PRESET CUSTOM

Sitting   80 cm

Standing   100 cm

Biking   110 cm
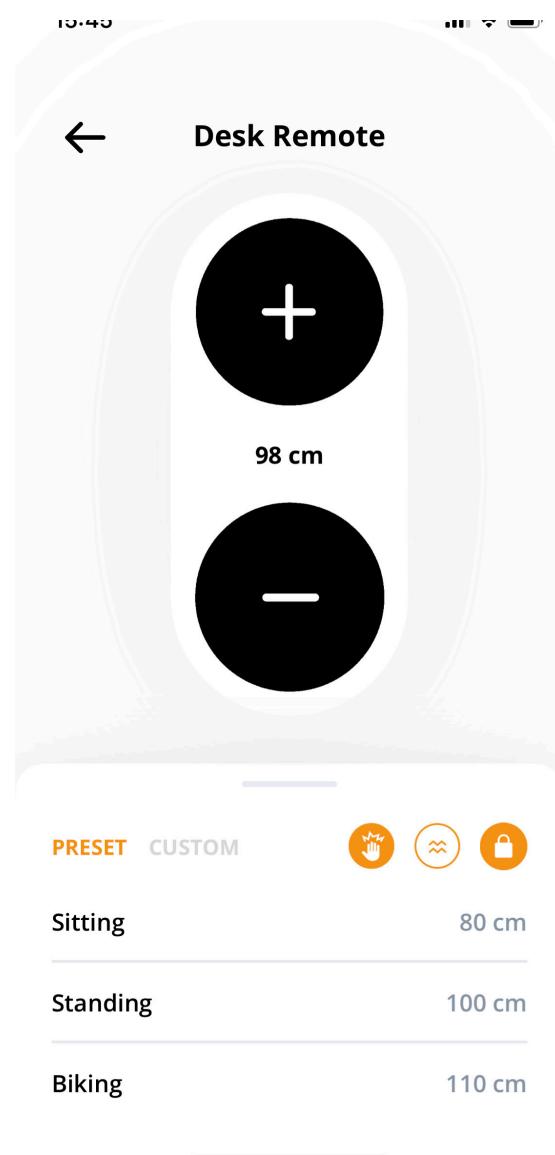
Moving with the In-App Remote

You can move your desk manually with the in-app Desk
Remote, or let the app move the desk for you by using the
preset height options.

(+) You can set your own custom heights by holding down the plus (+) Icon on the Desk Remote page's custom tab.

To Change The Height:

You need to swipe left on the preset
you want to change then click the three dots icon and select
height. Use the controller to set the height and save. To use the desk height controller you need to hold down on the +/- buttons

Swiping left also lets you delete custom presets.

← **Desk Remote**

+

98 cm

−

PRESET **CUSTOM** (+) 🖐 ≋ 🔒

| My Preset 3 | 98 cm |
| My Preset 2 | 100 cm |
| My Preset 1 | 82 cm |
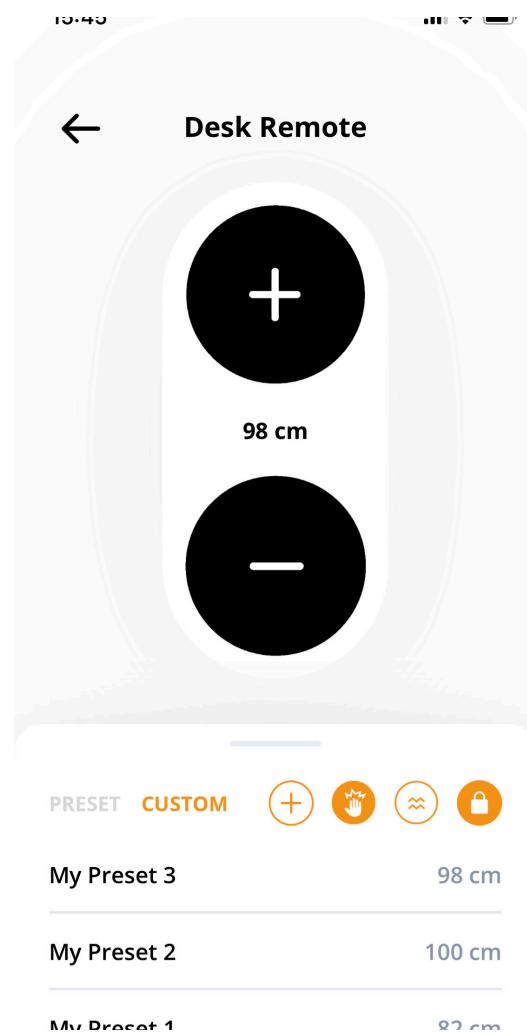
Challenges

The Challenges page gives you the option to complete fun tasks to keep motivated while you move

Each challenge goal's unlock requirements are listed in the description, and you can view the goals of locked challenges by clicking on them.
Once the challenge you want is selected, clicking it again will bring you to its in-depth progress screen. In the main challenges page, swiping left and right will take you to new categories.

You can start with any category you would like, but the
 challenges inside need to be completed in order.

15:35

Challenges

Record Setter
33% completed

Base Camp	25 ⚡
Generate 1,000 mW of ePower	

Mountain Climber	50 ⚡
🔒 On Top of the World	100 ⚡
🔒 Thunderstorm	250 ⚡
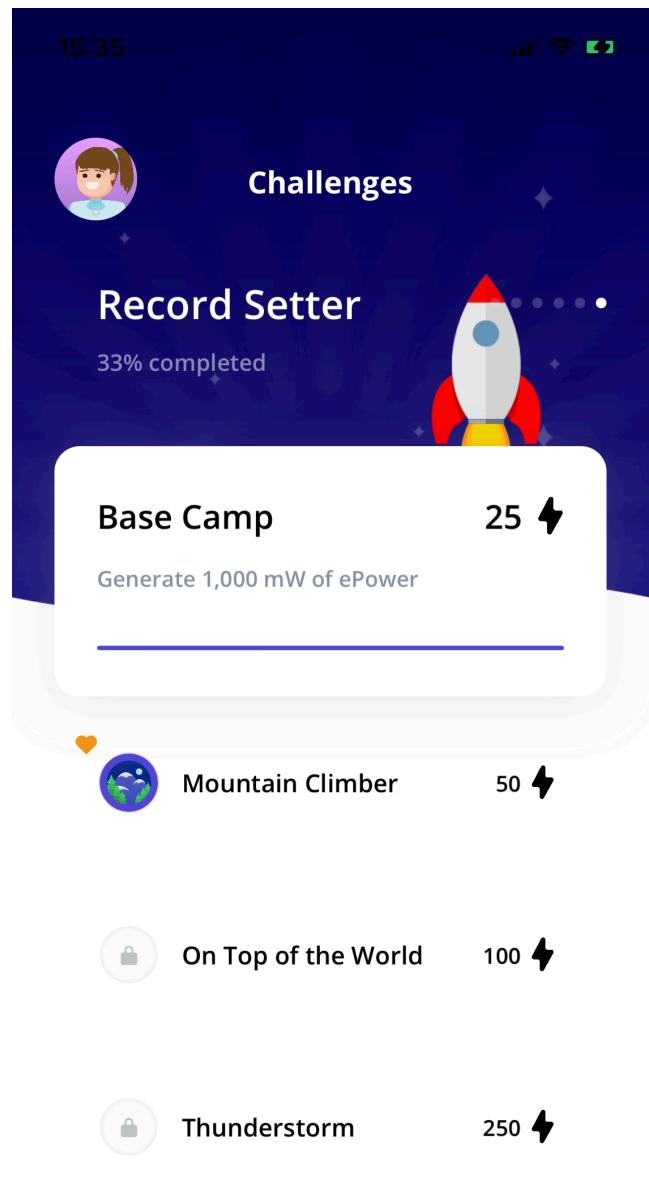
Using Routines

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. Or edit an existing one, by swiping left.

To rename your routine:
click its name.

Routines +

FAVOURITES

1H
My Routine 3   AUTO ▶

1H 30M
My Routine 2   ▶

CUSTOM ROUTINES

2H
Start moving   ▶

Using Routines

Make your own custom routines by clicking the plus (+) icon in the topright corner of the Routines List.

Routines can have custom heights outside your default heightsettings, as well as custom timers for time spent being
active and time resting.
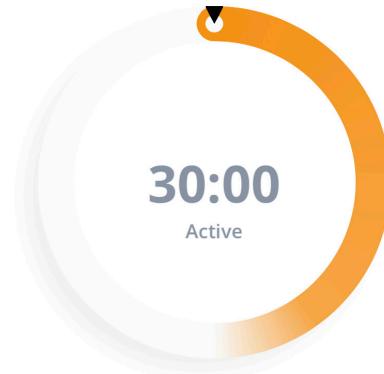
For the desk, Active Mode is time spent standing, and for the bike it's time spent pedaling.
Once the time is up, if the prompt to change stance is accepted, the Desk will automatically move to the next height, and the next timer
will begin.

← **My Routine 3** ♥

30:00
Active

AUTO   until 17:00

Active Min.
30 m / 1 h

Height
80 cm - 78 cm

START
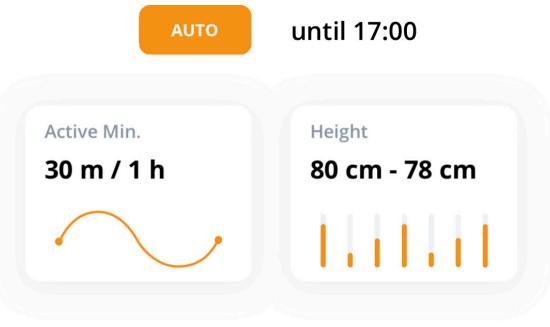
Using Routines

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 rest-ing. 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:

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 safe-ty disclaimer that you must accept in order to use this feature.

To Rename Your Routine:

click its name.

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Desk Features

In this section:

Movement & Collision detection

To Move The Desk Up:

Tap the capacitive touch on the bottom of the tabletop in an up-ward
direction, hold over the capacitive touch (hold hand on the desk) until you want it to stop moving.

To Move The Desk Down:

Tap the capacitive touch on the top of the tabletop in the downward
direction, hold over the capacitive touch (hold hand on the desk) until you want it to stop moving.

Collision Detection:

If the desk is moving up or down and detects a bump, it will reverse direction
for a few centimeters, then stop and play an error haptic.

Movement & Collision detection

Haptics

The Smart Sit-and-Stand Desk uses haptics to communicate to the user. These haptics are like vibrations/buzzes similar to the buzz on your phone when you get a text message.

Locking The Desk

You can lock your Smart Desk to prevent unwanted movement while working.

To Lock The Desk:

Hold hand over top capactive touch sensor and bottom capacitive touch sensor at the same making a "squeezing motion with your hand.

To Unlock The Desk:

Make a "squeeze" gesture on the capacitive touch sensors until the "unlocked" haptic plays.
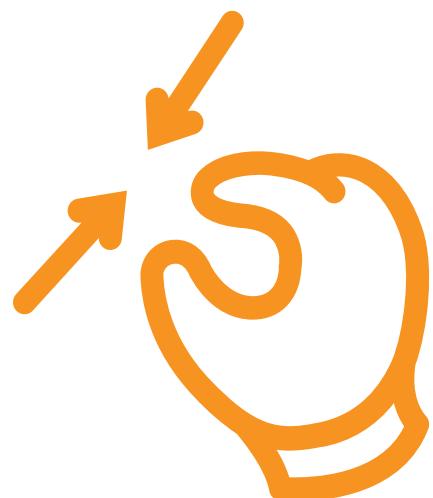
Reset Procedure

To Reset The Desk To Default Settings:

Make a squeeze gesture on both capacitive touch sensors for 10 seconds. You'll hear the locking haptics play, keep holding your hands in place until a distinct re-set
haptic plays (5 pulses) then REMOVE your hand from the capacitive touches so they complete their
reset.

If the desk gets unplugged, the "tap gestures" and "vibrations" settings are preserved but the reset will
wipe their data.

4

Products And Services

SMART
UNDER-THE-DESK BIKE

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

Lightweight, durable, compact, and col-lapsible.

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.

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.

ergonomyx®
workspace fitness®

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.

Questions or concerns?

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